THE HEALTH ISSUE

St.Louis

February
2023

Plant Craft Kitchen's
Seoul Bowl

BE WELL

Nutritious Dishes, Energizing Workouts, and Expert Advice for Living a Healthier Life P.30

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PLUS: **THE METRO AREA'S TOP DOCTORS, DENTISTS, AND SENIOR LIVING RESOURCES** P.51

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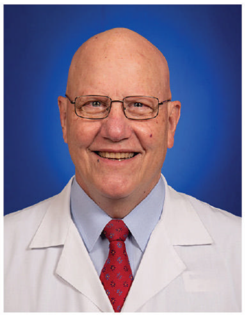
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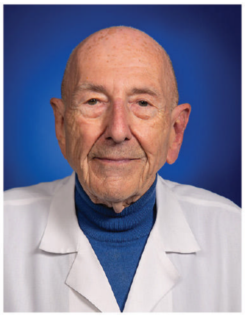
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THE HEALTH ISSUE
St.Louis

For this issue's cover, staff photographer **Kevin A. Roberts** photographed the Seoul Bowl from Plant Craft Kitchen, one of several local spots for healthy dishes (p. 34).

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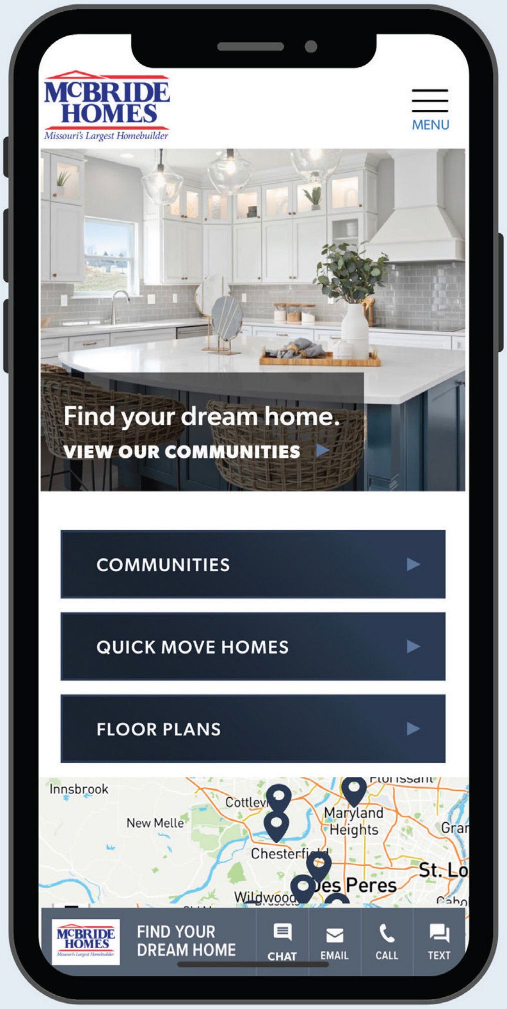

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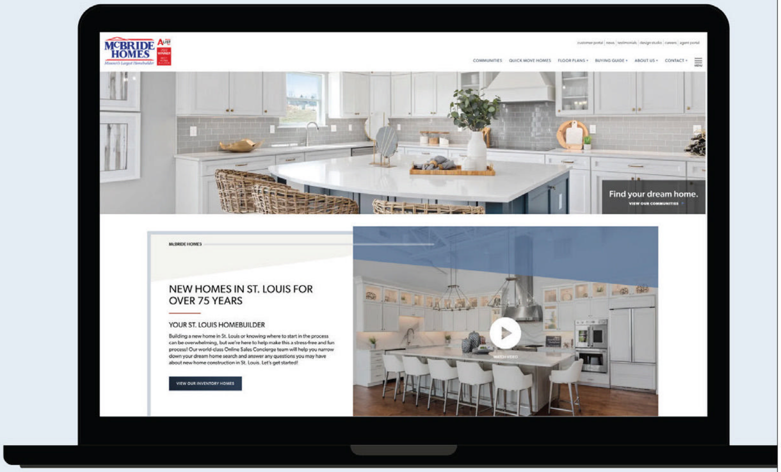

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MY WIFE MIGHT be trying to kill me—or maybe it's the opposite.

She recently signed us up for a gym. Well, technically it's a sort of sauna–meets–strip mall. It's a trendy workout spot in a nondescript building packed with a series of small rooms, each equipped with a thermostat that can quickly climb past 120 degrees, so you can sweat profusely and feel like you've been dropped into the middle of the Sahara during a heat wave. To my wife, it's bliss. To me, it's a less-than-ideal way to start an otherwise serene morning before the kids wake up.

She also recently subscribed to a grocery service of sorts. Each week, an enormous box filled with food lands on our doorstep. We'll quickly carry it inside and unpack its random assortment of contents: bag of spinach, box of grilled chicken, shrink-wrapped egg bite, solo strip of jerky… While my wife looks forward to this potpourri of items, I can't help but wonder why we didn't just pick up a frozen pizza from the grocery store.

I know she means well. But there are times when I feel like Bilbo Baggins—or perhaps his stout friend Sam—being reluctantly dragged along on some seemingly impossible quest, set to the backdrop of a tripledemic, rising inflation, and two relentlessly energetic tykes.

That said, while reading these pages, I did find glimmers of hope:

STORIES OF INSPIRATION: Rae Mohrmann embodies endurance (p. 26) . At age 74, she's completed 101 full marathons and 75 half marathons. "I think it's important for everybody to have goals and to have a purpose in life," she told associate editor Mike Miller. Likewise, Abby Erker switched careers and opened her own studio, Materra Method, to support moms (p. 32). And a host of local influencers (p. 36) share advice, workouts, and inspiration on a daily basis.

A ROBUST MEDICAL COMMUNITY: Despite a perfect storm of pathogens (p. 13), St. Louis health care providers continue to persevere. Not only are they providing critical care for patients today, but they also have an eye on the future, including state-of-the-art facilities (p. 24), groundbreaking research (p. 22), and new insights into living a better life (p. 37).

HEALTHY FOOD: While I still have questions about the aforementioned approach to groceries, there are other alternatives in St. Louis that sound far more appealing (p. 34). Rootberry's grab-and-go meals, for instance, are a staple on our shopping list. We also recently enjoyed date night at Diego's Cantina, one of the vegan-friendly spots highlighted in this issue (p. 38). This may come as no surprise, but my wife made the reservation.

So yes, she has her moments, in her never-ending quest to make both of us healthier and happier. Even if it sometimes feels like she's trying to kill me, it's only because she loves me.

Follow Along

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What's your favorite healthy dish in St. Louis?

"Kale-and-brussels sprouts salad at Whole Foods. Those two items may sound boring, but this thing is a party in your face."
—Nicholas Phillips,
SENIOR EDITOR

"I'm a big fan of the acai bowl from I Love Juice Bar. It's so delicious and super refreshing too."
—Emily Wells,
ART DIRECTOR

"The Detox Salad at Seedz Cafe is what I want every salad to be. Great mix of textures and flavors, and it's super satisfying all on its own."
—Christine Jackson,
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Taking Care

Writer **Anne McCarthy**'s work has appeared in *Wired*, the BBC, and *Teen Vogue*, among other national and international outlets. In this issue, she writes about the tripledemic and where to get care for flu-like symptoms (p. 13).

On the Move

Illinois-based artist **Elias Stein** has created colorful work for such clients as ESPN, *Time*, and the Chicago Bulls. In this issue, he brought to life fun, out-of-the-box workouts in fun, out-of-the-box ways (p. 35).

Be Well

Looking for more advice on insights, inspiration, and tips for living a healthier, happier life? Sign up for *SLM's* Wellness newsletter on stlmag.com.

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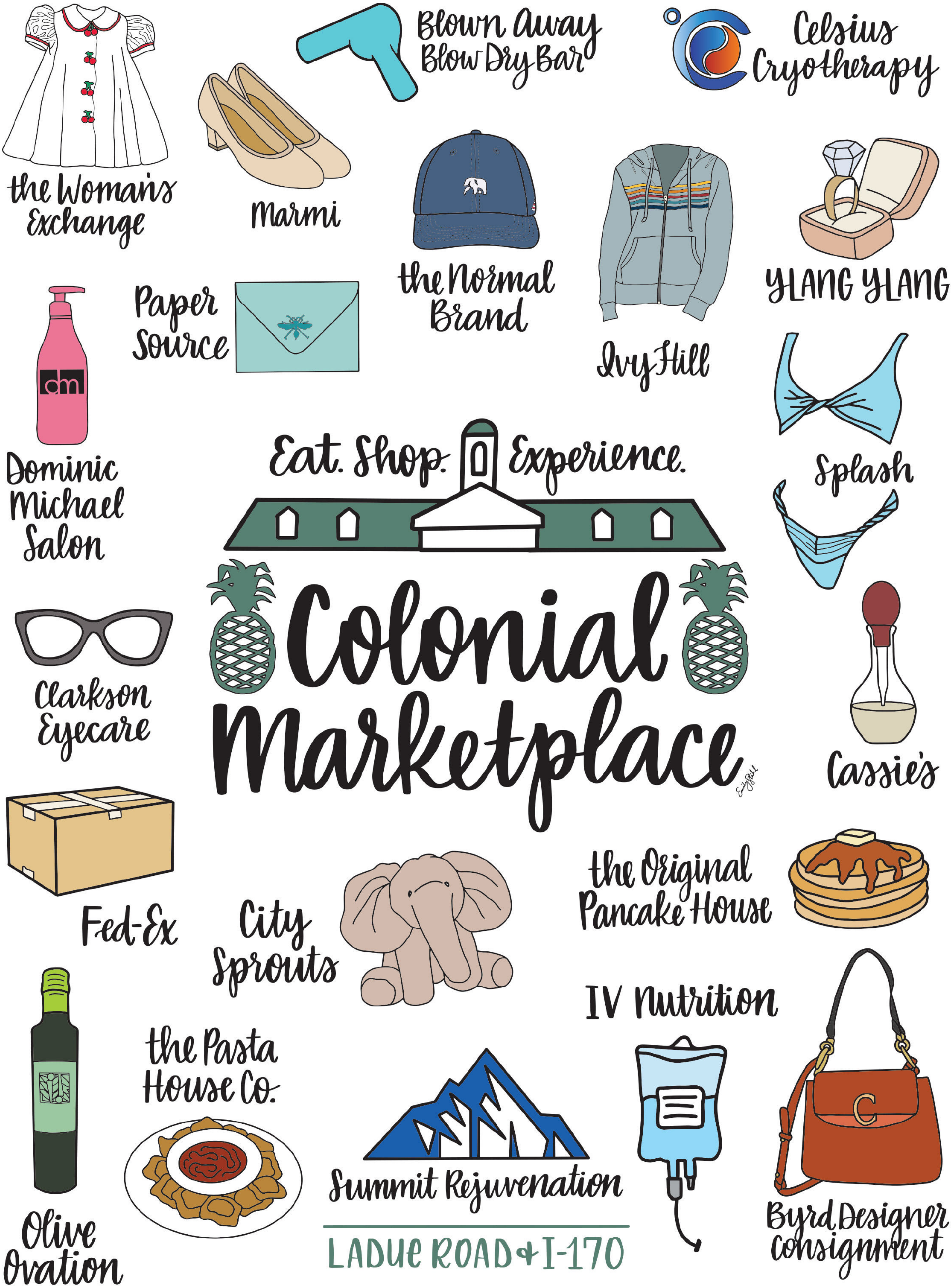
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Off Season

We've had a horrible flu season—and it's probably not the last.

ANNE McCARTHY

THE NUMBERS WERE GRIM. In December, after years of COVID-19 surges, St. Louis emergency departments were once again overloaded. But this time, it was a threefold convergence of COVID-19, influenza, and respiratory syncytial virus (RSV)—the so-called "tripledemic"—and area hospitals were strained. Dr. Robert Poirier, clinical director of Barnes-Jewish Hospital's emergency department and a Washington University emergency medicine physician, says that in December, he saw flu cases doubling every week. →

A NEW LEAF
CONSIDERATIONS BEFORE TRYING MARIJUANA FOR MEDICINAL PURPOSES
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MAPPING MEDICINE
NEW RESEARCH AND FACILITIES ACROSS THE METRO AREA
P.22 & 24

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RESEARCHERS ARE STUDYING SENIOR RESILIENCY POST-PANDEMIC.
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THE LONG RUN
FOR RAE MOHRMANN, LIFE IS BEST LIVED IN PURSUIT OF A FINISH LINE.
P.26

Photography by Simarik / E+ / via Getty Images

Caitlin Murphy

The really bad news? It will take a few years, Poirier says, before we see a milder flu season again. For the past three years, flu cases were low because people were staying at home and wearing masks due to COVID-19. It's a concept called "immunity debt," a term coined by French researchers in 2021. Immunity debt is caused by a "growing proportion of 'susceptible' people and a declined herd immunity in the population," the researchers wrote in the journal *Infectious Diseases Now*. The longer the period of low exposure to viruses and bacteria, like the flu, researchers wrote, the bigger the debt, and the greater likelihood of a future epidemic, just as we're seeing now.

Lower flu vaccine rates also account for an uptick in cases. After living through the pandemic and undergoing regular vaccinations, people have "vaccine fatigue." Plus, this year's flu season came on atypically early. Usually, the flu season in St. Louis comes at the end of December and into January and February. This year, flu cases began appearing during the fall. "It hit us with a bang in October," Poirier says. The result is a strain on St. Louis hospitals and emergency departments that were struggling to cope with cases of the flu, COVID-19, and RSV all at once. There have been four influenza-related deaths in Missouri this flu season.

Misinformation about the flu vaccine can also lead to people not getting vaccinated, but Poirier says that this year's flu vaccine does a good job of protecting against the virus. Getting the vaccine lessens your chance of getting the flu, and it decreases the likelihood of needing to go to the hospital if you do get the flu. But there are other things you can do to minimize your risk, and they're familiar from the trenches of the COVID-19 pandemic.

"Wear the mask. The masks are actually very helpful to prevent you from getting influenza," Poirier says. "You want to get good rest, get exercise; treat your body well so your immune system stays healthy."

Read More

Subscribe to *SLM's* Wellness newsletter for tips on staying well mentally, physically, socially, and emotionally.

FYI For more on the "tripledemic," visit stlmag.com.

MORE TO KNOW

TEMPERATURE CHECK

FEELING CRUMMY? HERE'S WHERE TO GO TO GET CARE FOR THE FLU.

If you find yourself with the flu, it's important to know where to go for care, depending upon the severity of your symptoms, so the St. Louis health care system isn't strained further. If you're having a mild case, you likely don't need to go to the hospital. Here's what the Pandemic Task Force advises.

MILD FLU SYMPTOMS

Cough, sore throat, runny nose, body aches, headaches, or low fever or no fever. Stay home, rest, drink fluids, and take over-the-counter medication.

MILD TO MODERATE FLU SYMPTOMS

All of the above plus a fever of 101 degrees or higher. Visit your primary care physician or pediatrician, or go to a convenient care location.

SEVERE FLU SYMPTOMS

Difficulty breathing, dizziness, vomiting and dehydration, or high fever (or, for infants, a fever of 100.4 or higher). Visit the emergency department, where Poirier says, "we'll check things out and get you on any treatments that are necessary."

Photography by Svetikd / E+ / via Getty Images

Pictured from left: Steve Fern, Erik Thyssen, David Fisher, Aman Singh, Leonard Weinstock, Ashleigh Glass, David Van Horenbeek, Benjamin Root, Jennifer Gorham, Nikhil Banerjee

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A New Leaf

As marijuana becomes easier to access, here are some things to consider before trying it for medicinal purposes.

BY NICHOLAS PHILLIPS

MAYBE YOU'VE GOT chronic back pain. Or you're too nauseated by chemotherapy or pregnancy to keep food down. Or you suffer from insomnia. Should you try marijuana?

For the past two and a half years, Missourians interested in sampling cannabis for medicinal purposes have been able to do so legally. They've just needed to report a qualifying condition to a doctor and obtain a state-issued patient card. In 2023, those bureaucratic steps will no longer be necessary: Thanks to the recent passage of Amendment 3, anyone over 21 will be able to walk into a dispensary and buy the drug in its various forms—flower, edibles, tinctures, etc.—almost as easily as you can walk into a Walgreens and buy Tylenol.

Yet Dr. Becky Lynn, an adjunct associate professor in Saint Louis University's certificate program in Cannabis Science and Operations, cautions that before attempting to self-medicate, folks should consult a doctor who's familiar with the drug.

Lynn herself learned about it by listening to patients. She's now the CEO of Evora Women's Health, a concierge-medicine practice in Creve Coeur she founded in 2020. For about two decades before that, she was an OB/GYN, most recently at SLU, where patients with certain sexual problems told her that cannabis seemed to help. She looked for high-quality published research but found little. "When you read opinion pieces, it's either 100 percent anti- or pro-cannabis, and I think both are extreme," she says. "It's a medicine like every other medicine: It has risks, benefits, and side effects."

As for risks, Lynn points to one in her own field: She cautions against medicinal cannabis for women who are pregnant or breastfeeding. A failure to eat because of nausea can cause its own problems—and cannabis is popularly known to relieve nausea—but Lynn says there's not enough data to conclude that cannabis is safe for a fetus or newborn.

Another risk, according to a series of reports issued in 2021 by a task force of the International Association for the Study of Pain (IASP), is that cannabis impairs driving and can cause car wrecks. The task force also mentioned a "particularly concerning" association between cannabis use and psychosis but noted that "the most common acute adverse effects are panic attacks and other forms of anxiety, mostly reported by naive users" who take too much then recover once the drug wears off.

But Lynn, who teaches a course in the SLU certificate program titled "Pharmacological Properties of Cannabis," emphasizes the difference between heavy use and medical use. "The goal [of medical use] is not to get high," she says. "The goal is to use the lowest dose necessary to treat the symptom." Lynn never recommends smoking. Tinctures—drops left under the tongue—are quickly absorbed by the body, but Lynn warns folks to be patient with edibles, which can take a while to kick in.

Like other drugs, cannabis can also have unwelcome side effects. For example, Matthew Walker, a sleep expert at the University of California, Berkeley, has observed that while the plant's psychoactive ingredient, THC, can help you fall asleep, it also interferes with quality REM sleep. So by solving one problem, you've triggered another.

Cannabis shows the most potential, Lynn believes, as a treatment for pain. The IASP found that existing research offers "substantial evidence" that cannabinoids "hold considerable promise for analgesic drug development," but also that the journey ahead is "not to be underestimated." Says Lynn: "We're so at the tip of the iceberg of knowledge. We need more research."

FYI For more on medicinal marijuana, visit stlmag.com.

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A Bright Outlook

St. Louis researchers are studying resiliency for seniors in the wake of the pandemic.

BY DEBRA CHANDLER LANDIS

THE UNCERTAINTIES AND difficulties that emerged from the pandemic exacerbated mental health concerns, causing drastic increases in the number of people treated for depression and anxiety. One way of moving forward, according to the American Psychological Association, is fostering resilience, defined as "behaviors, thoughts, and actions that can be learned and developed in anyone." Now, thanks to a five-year, $9.1 million federal grant, researchers at the Washington University School of Medicine are looking at how exercise and mindfulness may build resilience in older adults—and, how in turn, resilience may boost brain health and potentially prevent depression, anxiety, and dementia in adults ages 65 and older. The study's principal investigator is Washington University psychiatry professor Dr. Eric Lenze, the director of the university's Healthy Mind Lab. "Our society is in the midst of a natural experiment on the negative effects of stress on cognitive and emotional health," says Lenze. "Older adults have been hit with a double whammy. On the one hand, they've had to take steps to protect themselves from COVID-19 infection, such as staying away from other people. On the other hand, the stresses associated with social isolation can cause cognitive problems and contribute to anxiety and depression." Being resilient, Lenze notes, doesn't make people immune from stress, depression, or cognitive decline. But it can potentially help buffer the long-term effects of stress and support an overall sense of mental and emotional well-being.

FYI For more with the Dr. Eric Lenze, visit stlmag.com.

How does the study expand upon research you've already conducted regarding resilience? Before the pandemic began, we recruited almost 600 adults over age 65 for a study that looked at the impact of mindfulness, exercise, and educational resources. About 80 percent of the people who participated in that study are continuing with the new study. Since the participants were studied before the pandemic began, we can test whether exercise and mindfulness provide benefits against stress and social isolation.

What will the tests measuring resilience and the impact of stress on brain health include? Measurements will include cognitive tests and MRI scans taken of subjects' brains. The production of amyloid, one of the proteins that clumps together in the plaques found in Alzheimer's disease, will also be measured.

How will the study aid public health? I hope that by the end of the study, we will know a lot more about the stresses of the pandemic and how those stresses did or did not affect resilience and biological pathogens. We expect that mindfulness and exercise may have beneficial effects on brain health and on resilience.

What are some of the attributes that aid resiliency? Positive thinking, being action-oriented, practicing mindfulness to mitigate stress.

If someone is feeling depressed or anxious, should they see a psychiatrist? They should start with their primary care providers and discuss how they've been feeling and the potential for counseling, lifestyle changes, and appropriate medicines.

How can someone practice mindfulness and potentially boost resiliency? Yoga and meditation can help. Making lifestyle changes, such as eating more nutritiously and getting regular exercise; having a positive attitude; and being action-oriented are also associated with greater resiliency.

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On the Move

St. Louis has remained a pioneer in orthodontics for more than a century.

BY MIKE MILLER

THE SCIENCE OF teeth-straightening began generations ago inside an office in Grand Center, where Dr. Edward Angle opened the world's first school of orthodontics. Today, only a few miles from the building where the "father of orthodontics" introduced the world to the power of straightened smiles, researchers are continuing St. Louis' tradition of advancement in the field.

Faculty at Saint Louis University's Center for Advanced Dental Education are working to test new technology that could change the way orthodontists treat patients with misaligned teeth. Through a partnership with Graphy, a South Korean medical technology company, SLU researchers have spent the past two years testing direct 3D-printed aligners that offer the potential to make the process for tooth movement quicker, more precise, and less wasteful. "This will change the entire orthodontic field," says Dr. Ki Beom Kim, SLU's orthodontic program director.

Precision is crucial to a successful treatment plan, and direct-printed aligners represent an opportunity for orthodontists to create aligners that are more precise than ever before. Clear aligners, such as the popular Invisalign, are made from thermoformed plastic sheets that are molded to press teeth into place. It's an effective process but doesn't leave much room for customization. Direct 3D printing, Kim says, would allow orthodontists more freedom to make alterations, such as creating distinct thicknesses and pressure points throughout the appliance.

Then there's the eco-friendly benefit promised by printed aligners, which use less plastic to develop the aligner and produce less nonrecyclable scrap. "The environmental impact is just enormous," Kim says. "Those plastic models cannot be recycled... Every year, there are millions of tons of plastic waste that we are creating."

SLU is also working with YOAT, a medical technology manufacturer based in Washington, to test an on-site retainer-bending machine that will create more precise retainers and reduce the time it takes to make alterations. For years, orthodontists have had to bend retainer wires by hand; it can often take days to deliver a finished product that's ready for a patient's mouth. With YOAT's new technology, the entire process will take approximately 10 minutes. Kim is hoping to get a prototype of the machine by this summer.

"If the orthodontist looks at the patient's mouth and says, 'OK, I want to bring this tooth down a half millimeter, whatever degree in, and whatever degree torque,' it will dictate to the computer software," Kim says. "This machine will then bend the wire chairside in just a few minutes."

Who knows what Angle would have thought? It is only fitting, though, that such key innovations in the field are happening in St. Louis. "It's a very special place," Kim says. "It's like a mecca of orthodontics."

Collaborative Care

For two days every month, an operating room inside Barnes-Jewish Hospital is used for dental care. It's part of a recently launched program to provide oral-health services to patients who have severe physical, mental, or developmental disabilities and require specialized care under general anesthesia. Established as a collaborative effort between A.T. Still University–Missouri School of Dentistry & Oral Health, Affinia Healthcare, and Washington University School of Medicine, the initiative identifies people in need of high-level care and provides free services covered by Missouri's Medicaid program, MO HealthNet.

FYI For more with Dr. Kim, visit stlmag.com.

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New Insights

A look at the latest research, programs, and treatments

BY GRACE SNELLING

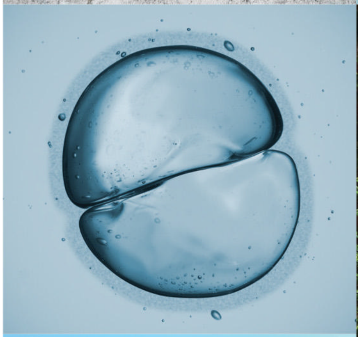
RESEARCH IN FERTILITY
A team at St. Luke's is developing a process to create normal viable human eggs from skin cells. According to infertility specialist Dr. Sherman Silber, this process should be perfected within five years and be in routine use in 10. Silber calls it "exciting for older women who want to have a baby but have run out of eggs."

PARTNERS IN PRACTICE
Siteman Cancer Center and University of Missouri Health Care's Ellis Fischel Cancer Center recently announced a collaboration to maximize research capabilities, allowing scientists to team up on projects and pursue competitively funded grants.

TREATMENT WITHOUT TRANSPLANTS
Researchers at SLU have reported the first drug to address a rare liver disease that, up to this point, was only treatable through a liver transplant. In a recent study, fazirsiran helped improve health complications associated with the deficiency of an important infection-preventing protein.

INTERVIEWING INTERVENTION
Dr. Jennifer Bello-Kottenstette, an assistant professor in family and community medicine at SLU School of Medicine, is studying the effectiveness of a motivational interviewing process to address illicit substance use before pregnancy. The program will reach women who are incarcerated and participating in substance use disorder treatment.

GOOD FOR THE BRAIN
A new blood test from Wash.U. has proven highly accurate in detecting early signs of Alzheimer's disease. According to clinical neurologist Dr. Suzanne Schindler, a recent study suggests that the test produces results with similar accuracy to tests requiring a spinal tap.



IMPROVING ACCESS
The Centers for Medicare & Medicaid Services have expanded coverage for a treatment for carotid artery disease called transcarotid artery revascularization, or TCAR, which is less invasive than the previous industry standard. Dr. Brian Peterson, a vascular surgeon at St. Luke's Heart & Vascular Institute, is a leading expert in the surgery.

FUNCTIONAL FOOD
Local nonprofit Food Outreach is collaborating with Mercy to assist eligible patients with type 2 diabetes in managing their nutritional needs. The program will provide medically tailored meals to patients experiencing food insecurity.

COVID-19 FINDINGS
Research from Wash. U. indicates that those who have experienced multiple COVID-19 infections face an increased risk of "adverse health conditions in multiple organ systems." As cases are predicted to rise this winter, clinical epidemiologist Dr. Ziyad Al-Aly suggests receiving eligible booster shots and masking in crowded places to avoid reinfection.

SMARTER SCREENING
Mercy is partnering with health care company GRAIL to offer a blood test that can detect more than 50 types of cancer. The test is recommended for those who are at an elevated risk, especially patients ages 50 and older.

NATIONAL NEWS
Pfizer has announced promising data from recent trials of a maternal vaccine for respiratory syncytial virus, commonly known as RSV. If approved, the vaccine could help patients prevent infants from contracting RSV.

CLIMATE CONSCIOUS
In an effort to help decarbonize the health care sector, SSM Health is focusing on ways to reduce medical waste, incorporate green building practices, plant trees to reverse urban deforestation, and more.

Photography by lisegagne, ugurhan, ShutterWorx / E+, ffikretow, Andy, Emils Vanags / iStock / Getty Images Plus / via Getty Images

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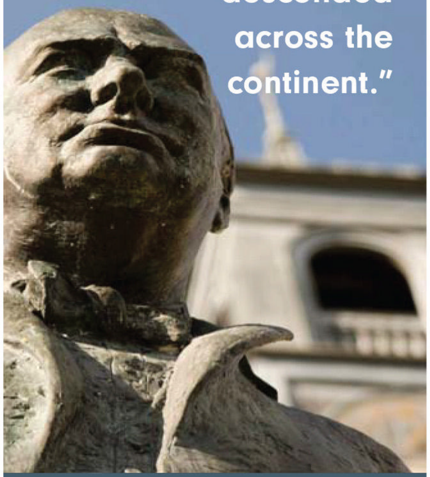

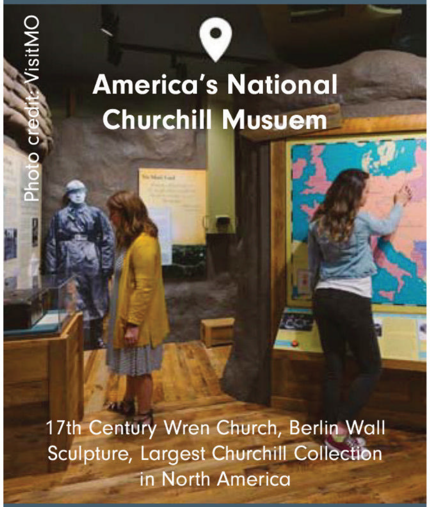

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Mapping Medicine

New facilities across the metro area

BY GABY MENDOZA

SITEMAN CANCER CENTER'S OUTPATIENT FACILITY

Siteman Cancer Center is planning a nine-story facility dedicated to outpatient cancer care. It's scheduled to open in summer 2024 on the Washington University medical campus.

SITEMAN CANCER CENTER: PROTON THERAPY TREATMENT

Siteman Cancer Center is expanding proton therapy with the latest technology, including a second Mevion Proton Therapy System with HYPERSCAN pencil beam scanning technology and Adaptive Aperture pMLC, which allows health care providers to aim a proton beam directly at a tumor.

WASHINGTON UNIVERSITY SCHOOL OF MEDICINE NEUROSCIENCE RESEARCH BUILDING

Slated to open in July of this year, the 11-story, 609,000-square-foot project will serve as a state-of-the-art research hub, bringing together more than 100 research teams.

MERCY'S SPECIALIZED IBD CENTER

Mercy's first disease-specific clinic, Mercy Clinic Inflammatory Bowel Diseases (IBD) and Gastroenterology Center, in Kirkwood, includes a team of gastroenterologists, surgeons, nurse practitioners, social workers, psychotherapists, dietitians, and other health care workers.

MERCY ST. LOUIS' SECOND RONALD MCDONALD FAMILY ROOM

Located in the Emerson Level III Neonatal Intensive Care Unit at Mercy Children's Hospital St. Louis, the room includes a washer and dryer, a full bathroom, a private room with recliners, a living room, a full kitchen, and refreshments. "This will make a world of difference to families, many of whom are here for long stays with their babies," says Amy McLean, Mercy Kids NICU family support nurse manager.

SAINT LOUIS UNIVERSITY INSTITUTE FOR TRANSLATIONAL NEUROSCIENCE

SLU is launching the Institute for Translational Neuroscience, which will gather experts in biochemistry, chemistry, pharmacology, social justice, and community outreach to study the physiology and diseases of the brain and central nervous system.

SSM Health
Cardinal Glennon

↑

SSM HEALTH NEW OUTPATIENT CENTER IN O'FALLON, MISSOURI

Tarlton Corp. recently broke ground on a 66,000-square-foot ambulatory center, slated to open in 2024. The 7.5 acres available for future development will help meet "the future needs of the community," says Jeremy Fotheringham, SSM Health's St. Louis regional president.

SSM HEALTH AMBULATORY CENTER AT SLU HOSPITAL

SSM Health Saint Louis University Hospital's new $25 million surgery center includes four operating rooms, plus two shelled operating rooms for the future, in addition to other features.

BJC OUTPATIENT CENTER

BJC HealthCare is constructing a 14,000-square-foot outpatient care facility in Godfrey, Illinois. Alton Memorial Convenient Care will be relocated to this new location.

↓

BJC Outpatient Center

Mercy
Main Entrance

↑

MERCY REHABILITATION HOSPITAL SOUTH

Mercy and Lifepoint Rehabilitation recently opened a two-story, 50-bed acute rehabilitation hospital to provide care for patients with neurological diseases, injury to the brain or spinal cord, and more. The new, $37 million facility is located on Mercy Hospital South's campus.

MERCY BALLAS MULTISPECIALITY BUILDING

This new five-level building will be one of the largest outpatient surgery centers in the nation. Slated for completion later this year, it will offer an array of patient-focused services, such as dynamic scheduling, a single point of care, and virtual visits.

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Renderings and photography courtesy of SSM Health, Mercy, BJC HealthCare

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The Long Run

For Rae Mohrmann, life is best lived in pursuit of a finish line.

BY MIKE MILLER

RAE MOHRMANN THOUGHT she would remarry. She thought she would have more kids. She hoped it all would happen not long after her divorce at the age of 25. But when 30 rolled around, and those goals seemed as distant as ever, Mohrmann began to wonder: *Who am I, and who do I want to be?*

One night in 1978, guided by the soft glow of her television set, Mohrmann found her path. While flipping through the channels, she settled on a program that told the story of Kathrine Switzer, the first woman to run the Boston Marathon. As a little girl, Mohrmann loved to run—she even set a 50-yard-dash record at Bel-Nor School. But as a single mother, she had drifted away from the hobby while working toward a graduate degree and beginning a teaching career in the Normandy School District. Switzer's story was just the inspiration she needed to get back on track.

"There's a big difference between getting married and having more children, and running," Mohrmann says. "But I thought that those were things that I obviously wouldn't be able to do. Running was something I knew I could do."

So Mohrmann took off, building endurance by running circles around her apartment building. One mile became two, then three, and before long, Mohrmann was running 5K races. Those were enough until New Year's Day in 1996. While walking with friends, the conversation turned to marathons. Mohrmann had never trained for one, but she was eager to try. After all, the past 18 years had taught Mohrmann a valuable lesson: When she sets a goal, she often meets it. True to form,

Photography by Kevin A. Roberts

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Mohrmann completed her first marathon in October 1996.

Now, the 74-year-old has amassed a running résumé that reads like a tome. She has completed 101 full marathons, including one in every state. That includes the prestigious Boston Marathon, which she's finished multiple times. This past November, she checked off another milestone: 75 half marathons. For Mohrmann, life is best lived in pursuit of a finish line.

"I think it's important for everybody to have goals and to have a purpose in life," Mohrmann says. "I think that makes one much happier."

It's not merely the running that makes Mohrmann happy. She's found joy from helping St. Louisans become the best versions of themselves, both during her career as a reading specialist in Normandy schools and in retirement as a fitness instructor at University of Missouri–St. Louis. Mohrmann finds it funny to think about how her life has unfolded. Her second career as an aerobics guru may never have happened if she had landed the school principal job she chased in 1996. Instead, she racked up certification after certification, teaching group and water exercise classes, among others. "I just kept falling into things," Mohrmann says. "I am so blessed."

All the while, she never stopped running. After running her first marathon in October 1996, she ran her second in Las Vegas mere days before her 50th birthday in February 1998. Two months later, she ran her third marathon—the Boston Marathon, which is notoriously difficult to qualify for. And yet, Boston became an annual event for her. After her sixth consecutive Boston Marathon, Mohrmann remembers sitting in a restaurant with a couple of friends who wanted to know exactly how many marathons Mohrmann had completed. Mohrmann didn't know the number off the top of her head, so they scribbled names on a napkin before counting the final tally: 32.

"I was like, *Wow! I had no idea!*" Mohrmann says. "Then, in my little brain, I had the thought that maybe I could do one in every state."

Like most objectives Mohrmann set, she has met this one, too. The accomplishment earned her a spotlight on local television in 2010. KSDK Channel 5's Frank Cusumano featured Mohrmann on a broadcast, and at the end of the interview, the sportscaster asked her what she planned to do next. "I didn't want to look stupid and say, *Oh, I don't know*," Mohrmann says. "But right then, the idea popped into my head: 75 marathons by the time I'm 75."

Mohrmann hit the milestone with ease. The goal then became 100 marathons. Indeed, she crossed off that one, too. After her 101st marathon, a back injury forced her to stop running for two months. Upon recovery, she couldn't stretch herself more than 16 miles. Her marathon days were done.

That's when she revisited her spur-of-the-moment idea from 2010. Mohrmann made it her mission to run 75 half marathons before she turned 75. On November 6, 2022, she completed a 13.1-mile course for the 75th time. Another goal met.

"I THINK IT'S IMPORTANT FOR EVERYBODY TO HAVE GOALS AND TO HAVE A PURPOSE IN LIFE."

During these long runs, Mohrmann is propelled by thoughts of loved ones—family members and friends, including many of whom she's lost. The milestone marathons, Nos. 75 and 100 among them, were dedicated to her parents, Gilbert and Jeanne. After a close friend died last spring, Mohrmann ran her next marathon in her friend's honor. To keep her pace, Mohrmann often meditates on songs that remind her of those she loves. "Sometimes, I think of the hymns that we sang at a particular person's funeral, or uplifting songs like 'Here I Am, Lord,'" Mohrmann says. "I've had so many people in my life who were very encouraging and supportive."

As much a teacher as a runner, Mohrmann wants to encourage and support others in turn. Her accomplishments hold lessons, like how a setback can be a starting line for an unexpected yet meaningful journey.

"Since I've been doing marathons, I have often wondered: *Does marathoning prepare you for life? Or does life prepare you for marathons?*" Mohrmann says. "I think I've learned it's a little bit of both. You just have to do your best."

Illustration by **FoxysGraphic / iStock / Getty Images Plus / via Getty Images**

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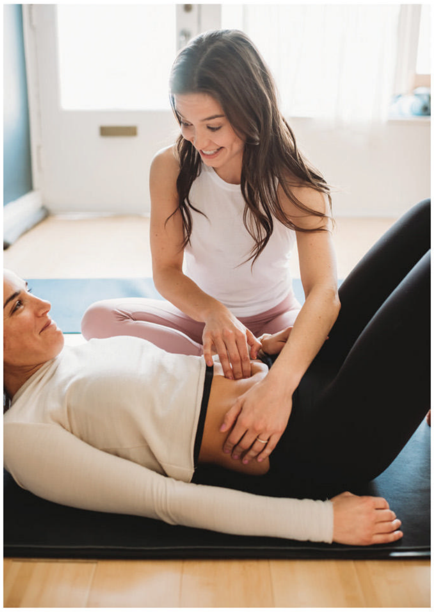
PHOTOGRAOPHY BY ELISE DUNN PHOTOGRAPHY

MOTHERHOOD MATTERS

With Materra Method, Abby Erker helps moms move.

When Abby Erker taught barre classes in St. Louis, students would often sidle up to her before a session and ask in a hushed tone: “I just found out I’m pregnant. What moves should I avoid doing in class?” Erker says that her training up until that point hadn't really addressed pregnant women. “I would give them my general response, but as I had more and more of those clients, I became interested in helping them specifically with their bodies and what they were experiencing.” Erker, who was a speech pathologist, decided to go for her pregnancy and postpartum corrective exercise specialist certification. After earning that and taking some continuing education courses, she quit her job in the summer of 2019, launched her own studio—Materra Method—in fall 2019, and opened a brick-and-mortar location in University City in 2022.

Materra Method classes are a blend of Erker’s teaching background. There is a bit of Pilates and some corrective exercise. The latter addresses specific issues in the body—in pregnant people, those super-fun challenges might be separation of the abdominal muscles, pain in the joint that connects the pelvis to the spine, or pelvic floor dysfunction (IYKYK). So, for example, as a pregnant person’s abdominal muscles stretch and lengthen as the fetus grows, other muscles in the body try to compensate for the core weakening, sometimes triggering lower back pain. Erker’s class targets the places in the body like these where such injuries are more likely to occur.



It all sounds very physical therapy-ish—until Erker adds music and injects some fun into the movements. Indeed, she stresses, she’s not a physical therapist. “Instead, I’m here to bridge the gap,” she says. “Maybe that’s between postpartum and going back to your boot camp class or back to running, or maybe it’s bridging the gap between having gone to physical therapy and going back to a type of fitness that you really enjoy.”

All of Materra’s classes are divided into levels. A Level 1 class is gentle and best suited for someone in their third trimester or early postpartum. Level 3 is more advanced, good for someone trying to conceive, someone in their first trimester (and who magically doesn’t feel sick), or someone further out into postpartum. Level 2 is somewhere in between, likely best for women who are in the second trimester groove.

That includes Erker, who is pregnant with her first child. Before starting Materra and becoming pregnant, she says, there were aspects of motherhood culture that didn’t feel right to her. “This idea of, ‘Oh, we all pee our pants now and laugh about it,’ or ‘I never have time to work out,’” she says. “I thought, *Is there a way that we can not accept this but still be a great mom and take care of our bodies and our needs, too?* My biggest goal, if I boil it all down, is to take care of moms.”

FYI

MATERRA METHOD
IS LOCATED
AT 7638 GANNON.

VERY WELL

Looking for a relaxing wellness treatment? Need help with aging or reproductive health? These five local spots can help you feel—and function—your best.

PALM HEALTH
A day pass at this Ladue wellness retreat is $75 and nets unlimited infrared-sauna and steam-room sessions, unlimited sessions in a dreamy pink Himalayan salt room, unlimited cryotherapy, and access to the fitness center. But recently PALM also started offering in-depth specialty labs for people who are interested in learning more about certain aspects of their health without joining as a member. The labs can test your biological age, for example, or how fast your cells are aging based on your lifestyle—and what you can do to change it. "Lifestyle is what we have control over. We don't have as much control over our genes," says Anney Perrine, PALM's senior vice president of communications and business development. "If you know that by taking two more walks a week, you're going to dramatically help your cellular health, you're more likely to do that." *9160 Clayton, palmhealth.com.*

GOLDEN DOOR
At this one-stop wellness shop in Brentwood, you can find services that range from the relaxing, such as massages and facial gua sha—which helps with lymphatic drainage—to functional medicine and EMDR, a type of counseling that treats trauma. If your tech neck is getting out of whack, a trip to Golden Door might be right for you, too. Staff are experienced in treating general aches and pains, sports-related injuries, and age-related issues through individualized treatment plans that might include acupuncture, massage, or chiropractic. *8920 Manchester, goldendoorstl.com.*

FOREST & MEADOW HERBAL SHOP AND CLINIC
We love stopping by this Lindenwood Park shop to stock up on herbal teas, bath soaks, and—during cold season—a jar of Superhero Cider. That elixir is a blend of apple cider vinegar, lemon, honey, onion, garlic, ginger, horseradish, jalapeño, turmeric, thyme, and rosemary. But you can also schedule an Arvigo massage. Based on Mayan techniques of abdominal massage, this practice, advocates say, can help with reproductive and digestive issues and can be used during pregnancy. *3228 Ivanhoe, forestandmeadow.com.*

SUMMIT REJUVENATION CENTERS
Regenerative medicine—a field focused on restoring body function that's been negatively impacted by aging—is the name of the game at Summit, where a doctor of osteopathic medicine and a nurse practitioner can help patients who feel like they're hitting a midlife slump. There's hormone replacement therapy for women, testosterone replacement therapy for men, and IV therapy and guidance in medical weight loss. At the Ladue location, platelet-rich plasma, bone-marrow concentrate, and amniotic injectable treatment—which all fall under the umbrella of orthobiologics—are available as part of treatment plans. *Multiple locations, summitrejuvenationcenters.com.*

SALTY SPA
Relax in one of its many salt rooms and breathe deep as micro-particles of sodium chloride help loosen mucus and reduce inflammation in your lungs. In addition to salt treatment, you can visit Salty Spa to enjoy a hot stone massage, an hour in the infrared salt sauna, or try out a PEMF mat, a kind of therapy that uses pulsed electromagnetic fields to address pain in the body. *15925 Manchester, stlsaltyspa.com.*

PHOTOGRAPHY BY FELISE WAXMAN | INARIK, YORKFOTO / ISTOCK / GETTY IMAGES PLUS / VIA GETTY IMAGES

ON THE GO

Where to find healthy prepared meals in St. Louis

REVEL KITCHEN
8388 Musick Memorial,
11215 Manchester
In a Nutshell: Order salads, wraps, smoothies, and custom-made bowls at the two area locations. Schnucks also stocks grab-and-go meals from Revel.
Most Popular Menu Item: The Don't Kale it a Comeback is Revel's most-purchased prepared meal at Schnucks. The whole-wheat wrap features kale, grilled chicken breast, Romano cheese, red pepper flakes, gluten-free cornflake crumbs, and garlic aioli.

↑

PLANT CRAFT KITCHEN
3860 S. Lindbergh
In a Nutshell: Rachel Carr's Plant Craft Kitchen strives to balance great-tasting ingredients with meals that are completely vegan and gluten-free, and mostly oil-free. Carr posts a weekly menu on Sunday, and ordering remains open through Thursday for pickups on the following Sunday. Meals are delivered cold, designed to be heated at home.
Most Popular Menu Item: Customers have taken to the green goddess bowl. "I think people like the bowl because it's super healthy with a bunch of green veggies, quinoa, chickpeas, and a delicious herby sauce," Carr says.

↓

PURE PLATES STL
703 Long Road Crossing
In a Nutshell: Pure Plates STL offers a gluten-free menu filled with food that's optimized to help maintain a healthy diet. Order online by 7 p.m., and your meal will be ready for delivery or pickup the next day.
Most Popular Menu Item: The chicken piccata is a high-protein, low-carb option that's gluten- and soy-free, as is the fiesta chicken quesadilla.

ROOTBERRY
rootberry.com
In a Nutshell: Not only does the plant-based food business offer delivery, but you can also find rootberry's prepared meals at regional Dierbergs locations, Fields Foods, and at several medical centers and universities.
Most Popular Menu Item: The baked vegetable ziti features chickpea pasta, spinach, and zucchini, among other fresh ingredients. It's also gluten-, dairy-, soy-, and nut-free.

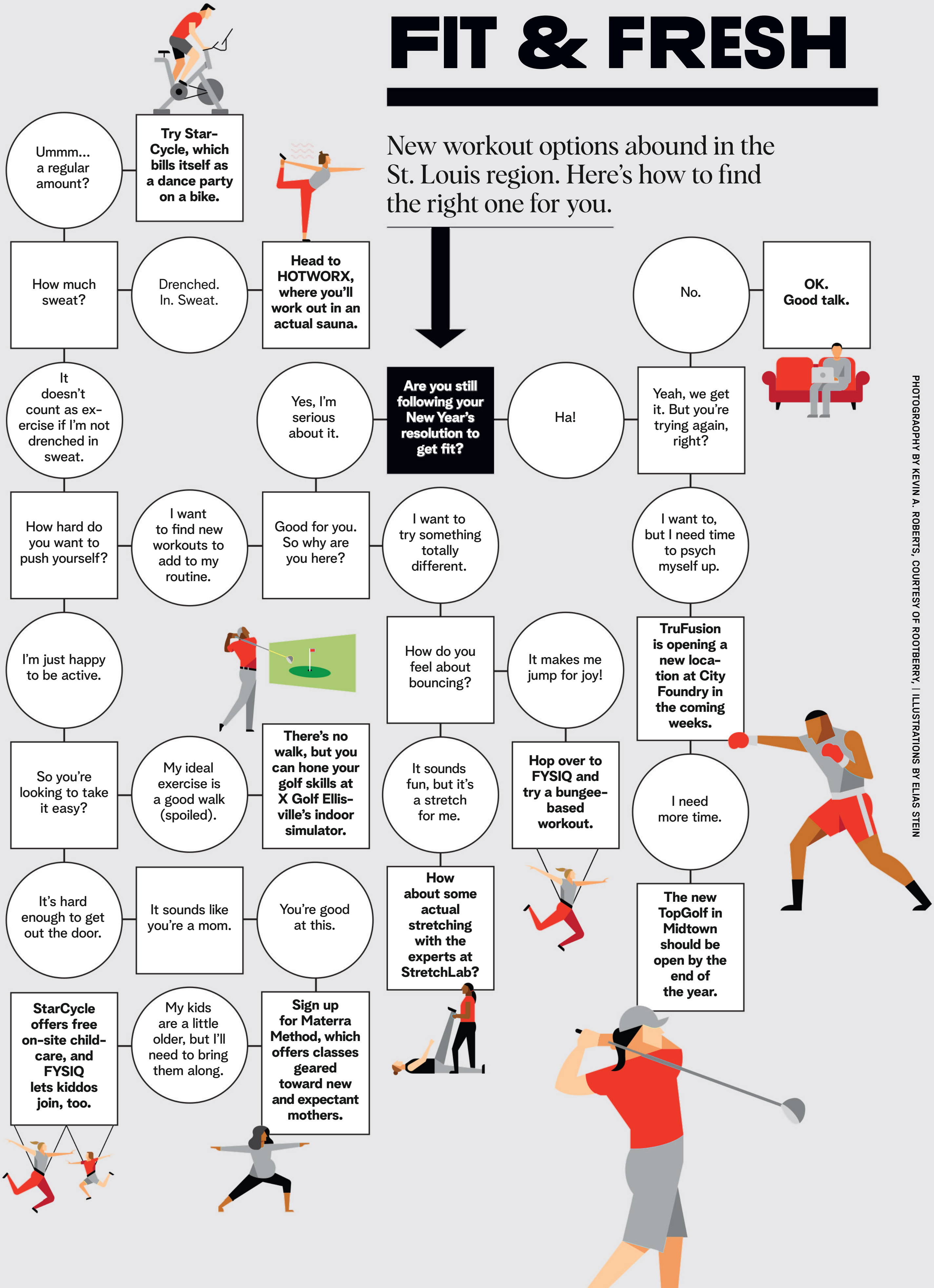
PURAVEGAN
307 Belt
In a Nutshell: Monica Stoutenborough's spot offers a range of healthy vegan meals on each week's menu. Order ahead to pick up meals on Tuesdays from 3–7 p.m.
Most Popular Menu Item: The Power Plate has been the most-ordered item for years. "The Power Plate was developed because I love having a blend of fresh and cooked foods," Stoutenborough says. "It's almost like having nachos, but no chips are needed."

FIT FLAVORS
fit-flavors.com
In a Nutshell: With a range of nourishing options (vegan, low-carb, gluten free, diabetic friendly, anti-inflammatory, or otherwise) available on a rotating basis, Fit Flavors can ship meals (with a $50 minimum purchase) or have them available for pickup at one of five St. Louis–area locations.
Most Popular Menu Item: Ever the crowd-pleaser, the cheeseburger bowl includes ground beef, basmati rice, cheddar cheese, mustard, pickles, and onions.

FUL.
4611 Macklind
In a Nutshell: Chris Vomund, formerly of Herbie's and Kingside Diner, recently took over the health-focused meal service.
Most Popular Menu Item: The turkey burger with braised black beans, turmeric cauliflower rice, and pickled red onions.

FIT & FRESH

New workout options abound in the St. Louis region. Here's how to find the right one for you.



Are you still following your New Year's resolution to get fit?

Ha!

Yeah, we get it. But you're trying again, right?

No.

OK. Good talk.

I want to, but I need time to psych myself up.

TruFusion is opening a new location at City Foundry in the coming weeks.

I need more time.

The new TopGolf in Midtown should be open by the end of the year.

Yes, I'm serious about it.

Good for you. So why are you here?

I want to try something totally different.

How do you feel about bouncing?

It makes me jump for joy!

Hop over to FYSIQ and try a bungee-based workout.

It sounds fun, but it's a stretch for me.

How about some actual stretching with the experts at StretchLab?

I want to find new workouts to add to my routine.

How hard do you want to push yourself?

It doesn't count as exercise if I'm not drenched in sweat.

How much sweat?

Drenched. In. Sweat.

Head to HOTWORX, where you'll work out in an actual sauna.

Ummm... a regular amount?

Try StarCycle, which bills itself as a dance party on a bike.

I'm just happy to be active.

So you're looking to take it easy?

My ideal exercise is a good walk (spoiled).

There's no walk, but you can hone your golf skills at X Golf Ellisville's indoor simulator.

It's hard enough to get out the door.

It sounds like you're a mom.

You're good at this.

Sign up for Materra Method, which offers classes geared toward new and expectant mothers.

My kids are a little older, but I'll need to bring them along.

StarCycle offers free on-site childcare, and FYSIQ lets kiddos join, too.

PHOTOGRAPHY BY KEVIN A. ROBERTS, COURTESY OF ROOTBERRY, | ILLUSTRATIONS BY ELIAS STEIN

FIT TO FOLLOW

Sometimes it can be hard to know where to turn for wellness advice. These local influencers can show you how to be fitter, healthier, and happier—and how to do it in style.

NATALIE WEIS
As a nutritional therapy practitioner, certified personal trainer, and coach for women, the St. Louis transplant takes a well-rounded approach to wellness. Followers are privy to workout tips, recipes, and advice for reaching their potential. ***natalie.weis.***

ALLISON LESKO
Eating healthy doesn't have to be a pain. The registered, licensed dietician shares pointers not only on how to prepare healthy dishes, but also offers access to more than 800 approved recipes. ***thestldietitian.***

AMY LESCHER
On both her Instagram and YouTube channels, Lescher walks followers through free workouts. It's a sampling of what you'll get in person from Lescher, who leads TruFusion St. Louis' yoga and fitness programs. ***amylescher.***

GRACE LEON
Whether you're looking for guidance on how to tone your legs, manage your stress, or build a nourishing breakfast bowl, this holistic fitness coach has helpful suggestions. ***mindbody_grace.***

NICO MARIE
A must-follow for yogis of all experience levels, Nico Marie oversees a robust library of yoga videos on YouTube, where she's earned millions of views. You can also find her spinning tunes around town under the moniker DJ Nico Marie. ***yogawithnico.***

CARMEN RAMIREZ
From skincare tips to places to train, Ramirez is on top of what's new and hot in St. Louis. ***thedailycarmen.***

LIVING YOUR BEST LIFE

The Living Well Center focuses on bettering lives through everyday changes.

Shortly after the onset of the pandemic, in June 2020, Washington University opened a center with an emphasis on the impact of everyday behaviors. The Living Well Center, based at Barnes-Jewish West County Hospital, is built around the value of lifestyle medicine, an area of health care in which "the momentum is really mounting," says Dr. Devyani Hunt, the center's medical director.

"What was seen previously as outside the scope of mainstream medicine is now widely viewed as the future of health care," notes the American College of Lifestyle Medicine. According to the ACLM, the medical specialty uses "therapeutic lifestyle interventions as a primary modality to treat chronic conditions."

The Living Well Center accepts patients with musculoskeletal issues such as spine problems and joint pain through referrals. During a six-month program (on average), patients make changes to their nutrition, activity, and other behaviors to improve overall health. "When patients come into the center, our goal is to understand what *their* goal is," says Hunt. "We [then] have a very individualized plan to reach that goal."

That plan typically includes a team of providers, including counselors, psychologists, dietitians, acupuncturists, massage therapists, occupational therapists, and physical therapists, among others. Together, the providers help patients achieve their goals, whether it's something as simple as wanting to pick up a grandchild or as involved as preparing for surgery and recovery.

"As patients go through the program," says Hunt, "when we review goals, sometimes they end up saying, 'I'm feeling so much better that maybe I don't have to have surgery.'"

Hunt says the center's main track is "overall health optimization, with lots of functional goals." Lifestyle changes such as improved diet, smoking cessation, and activity help patients feel better for longer. And while Hunt notes that it can be challenging to make lasting lifestyle changes, the center's patients are largely successful: Eighty percent of those who enter the program finish it; of those, 62 percent meet their goals—a high number among behavioral-change programs.

"It's really exciting to see how many people are adding this to their way of practicing," Hunt says of the rise in lifestyle medicine. "Some people are jumping in and doing it in a large setting, like the center, but others incorporate it into their day-to-day lives. Even just a little bit goes a long way."

SIX PILLARS OF THERAPEUTIC LIFESTYLE INTERVENTIONS

NUTRITION:
IN PARTICULAR, A WHOLE-FOOD, PLANT-PREDOMINANT DIET

PHYSICAL ACTIVITY:
REGULAR, CONSISTENT MOVEMENT

RESTORATIVE SLEEP:
REST CAN IMPROVE ATTENTION SPAN, MOOD, AND INSULIN RESISTANCE, AMONG OTHER BENEFITS.

STRESS MANAGEMENT:
DEVELOPING STRATEGIES THAT CAN HELP LESSEN ANXIETY, DEPRESSION, IMMUNE DYSFUNCTION, AND MORE

AVOIDANCE OF RISKY SUBSTANCES:
SUCH AS NOT USING TOBACCO OR ALCOHOL IN EXCESS

POSITIVE SOCIAL CONNECTIONS:
BUILDING RELATIONSHIPS CAN BENEFIT PHYSICAL, MENTAL, AND EMOTIONAL HEALTH.

LOOKING FORWARD

AT 25, THE LONGER LIFE FOUNDATION CONTINUES TO FUND KEY RESEARCH.

"Nobody wants to live longer and not be well or enjoying it," says Dr. Daniel Zimmerman, managing director of the Longer Life Foundation. "It's got to be a healthy longevity." With that idea in mind, the foundation was launched 25 years ago as a partnership between Washington University School of Medicine and the Chesterfield-based Reinsurance Group of America. Zimmerman describes its mission this way: To fund research that maybe wouldn't otherwise make it or get funded at the pilot and feasibility level. Over time, the partnership has helped fund research related to cancer, cardiovascular health, public health, gender-based studies, chronic disease—anything that falls under the realm of drivers of mortality and morbidity. These early projects can serve as proof of concept so researchers can take their projects to the next level with larger institutions, such as the National Institutes of Health. "The goal is to be well and live longer," says Zimmerman, "and have very full lives."

PHOTOGRAPHY BY ELISE DUNN PHOTOGRAPHY, JOAN FISHER, AMY SCHROMM, JESSICA J PAGE COURTESY OF GRACE LEON, CARMEN RAMIREZ | AAMULYA ISTOCK / GETTY IMAGES PLUS/ VIA GETTY IMAGES

GOING GREEN

These local eateries specialize in plant-based menu items.

BOMBAY FOOD JUNKIES

12955 Olive

The menu at this Creve Coeur restaurant draws inspiration from a range of international cuisines, with a focus on the street food of Mumbai. All items are plant-based and made with locally-sourced produce and authentic spices. **Try This:** Gobi Manchurian Bowl (cauliflower bites with soy-garlic sauce, cilantro fried rice, stir-fried noodles, brown rice, quinoa).

CC'S VEGAN SPOT

4993 Loughborough

This South City kitchen prides itself on blending vegan offerings with soul food inspiration. Because each dish is made-to-order, customers will want to order ahead of time using the restaurant's website. **Try This:** Double Trouble Burger (beet patty, brinjal (eggplant) patty, special sauce, slaw).

↑

FRIDA'S/DIEGO'S CANTINA

622 North and South

Natasha Kwan and Rick Roloff opened Frida's, the eco-friendly University City establishment, a decade ago with the goal of serving plant-based food that customers could feel good about eating. In recent years, Kwan and Roloff have expanded their restaurant portfolio with Diego's Cantina, which is next door, and Station No. 3 in Benton Park.

Try This: Signature Kale Salad (marinated kale, sprouted sunflower seeds, tomatoes, nutritional yeast, avocado, scallions).

GOOSEBERRIES

2754 Chippewa

This breakfast counter on Chippewa has several vegan options for those looking for a quick bite during brunch hours. There are also pizzas available during the daytime, including the St. Paul Pizza (egg fu yung patty, mayo, lettuce, red onion, pickles). **Try This:** Tofu Scramble (veggie mix, fried tofu, served with sweet-and-sour sauce).

LONA'S LIL EATS

2199 California

There's much more here than merely traditional Chinese and Thai offerings. At Lona's, more than 80 percent of the menu is vegan, with healthy options for spring rolls, dumplings, and more. **Try This:** Create an individual tofu wrap by choosing from rice paper or a flour tortilla, a filler (salad mix, stir-fried rice, stir-fried glass noodles, jasmine rice, and cold glass noodles), and a sauce (spicy sesame, lemongrass pesto, smoked vinaigrette, lime-ginger peanut, or house-made barbecue).

PEACE LOVE COFFEE

524 S. Main

This St. Charles café offers your standard bistro fare, including coffee, salads, soups, sandwiches, and more. All of the baked goods are fully plant-based and made from scratch on-site, making it a great option whether you just need a caffeine jolt, or you're looking for a quick lunch. **Try This:** Mediterranean Sammy (lemon-paprika hummus, spinach, red onion, tomatoes, roasted red peppers, ToFeta cheese, served on toasted wheatberry bread).

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↑

PIZZA HEAD

3196 S. Grand

St. Louis diners have been blessed with an abundance of pizza options, from the more Neapolitan-style offerings to the region's unique, Provel-topped pies. For a great New York–style slice that also happens to be vegan- and vegetarian-friendly, this South Grand pizzeria fits the bill. While there's no meat on the menu, pies are available with dairy or vegan cheese. **Try This:** Vegan Utopian Dream (cashew cheese, tomato sauce, mushroom, green pepper, black olives, onion, artichoke, spinach, garlic).

SEEDZ CAFÉ

6344 S. Rosebury

With a name inspired by Shel Silverstein's The Giving Tree, Seedz is focused on offering St. Louisans one of the most varied and health-focused menus in the region. The cozy café boasts an impressive selection of sandwiches and salads, as well as fresh juices and smoothies. **Try This:** Tempeh Reuben (marinated tempeh, sauerkraut, Thousand Island, cashew cream, spicy mustard, served on sprouted grain bread).

← SMALL BATCH

3001 Locust

With a rotating menu of creative dishes made with locally-sourced produce, you wouldn't know from first glance that this Midtown restaurant only offers vegetarian and vegan fare. Located in a building that formerly housed an auto dealership, Small Batch's dining room is elegantly designed to make it a great spot for date night. **Try This:** Rigatoni alla Norma (eggplant, tomato, seitan, parmigiano, basil, chili oil).

SWEETART

2203 S. 39th

Chef-owner Reine Bayoc serves up a menu of vegan breakfast and lunch items, along with tasty baked goods. The restaurant, which was featured on the Netflix's *Fresh, Fried & Crispy*, strives to make plant-based eating fun, whether it's crafting decadent desserts or building burgers meant to please. **Try This:** Sweet Burger (vegan patty, lettuce, tomato, housemade vegan magic spread, ketchup).

TERROR TACOS

3191 S. Grand

When brothers Bradley Roach and Brian Roash set out to open their own restaurant, they wanted to incorporate their passions: Southwest-inspired vegan food, horror movies, and hardcore music. What they delivered is one of the stand out dining experiences in St. Louis. Everything at this South Grand haunt is plant-based—and delicious. **Try This:** Citrus Mistress (spicy chorizo seitan taco topped with mango, pineapple, lemon, lime, pickled jalapeño salsa, diced onions, cilantro, and sour cream).

TREE HOUSE

3177 S. Grand

A hot spot among plant-based eaters on the bustling South Grand dining scene, this vegan- and vegetarian-forward restaurant serves brunch and dinner to satisfy a variety of tastes. Grab a table on the sunny and stylish patio and people watch as you dig into a plate of your favorite veggie-inspired cuisine. **Try This:** Brussels Sprouts Salad (red and green cabbage, shallots, fresh herbs, jalapeños, sweet chili vinaigrette).

PHOTOGRAPHY BY KEVIN A. ROBERTS

PHOTOGRAPHY BY SVETA_ZARZAMORA / ISTOCK / GETTY IMAGES PLUS, PORTRA / E+ / VIA GETTY IMAGES

WINTER BOUNTY

Where to find fresh produce in St. Louis during the colder months

Just because it's bone-chillingly cold outside doesn't mean you're stuck with frozen foods or fruits and vegetables trucked in from far away. You can still find great, fresh produce and meal ingredients grown near St. Louis. In some cases, you can even get them delivered straight to your door. Here are five options for fruit and vegetable lovers around the region.

TOWER GROVE PARK WINTER MARKET

4257 Northeast

In a Nutshell: A sort of appetizer to the park's well-known weekly spring and summer farmers' markets, this series of biweekly winter markets allows shoppers to spend a Saturday morning in Tower Grove Park patronizing local farmers and small businesses. A rotating cast of produce vendors from across the region supplies fresh vegetables and prepared foods. **When:** 9 a.m.–1 p.m. February 4, February 18, March 4, March 18.

SOULARD FARMERS' MARKET

730 Carroll

In a Nutshell: Cold temperatures don't stop the oldest farmers' market west of the Mississippi from serving up fresh produce. Soulard Market features several local farmers, among other vendors. Open four days per week, the market is also home to a spice shop, a full-service florist, and—if you're looking to treat yourself—more indulgent options. **When:** 8 a.m.–5 p.m. Wed and Thu, 7:30 a.m.–5 p.m. Fri, 7 a.m.–5 p.m. Sat.

FIND YOUR FARMER

find-your-farmer.com

In a Nutshell: This local startup offers a door-to-door delivery service that teams up with more than two dozen local farms and artisans from across the metro region. Once you sign up for a subscription box and choose a delivery cadence, you'll be able to customize the contents of each box.

LOCAL HARVEST

3108 Morgan Ford

In a Nutshell: A commitment to supporting family farms means that many of the products in this local grocer are sourced from within 150 miles of St. Louis. Not only does Local Harvest offer curbside pickup and in-store shopping, but it also partners with regional farmers and vendors for a weekly CSA subscription service throughout the year. **When:** 9 a.m.–8 p.m. daily.

CITY GREENS MARKET

4260 Manchester

In a Nutshell: In an effort to make finding fresh, quality produce easy and affordable, City Greens Market sources natural foods from local farmers and sells them at cost to members. Annual memberships are based on household income and range from $25–$216 per year. You don't have to have a membership to shop online or visit the store. **When:** 10 a.m.–6 p.m. Wed–Sat, 1–6 p.m. Sun.

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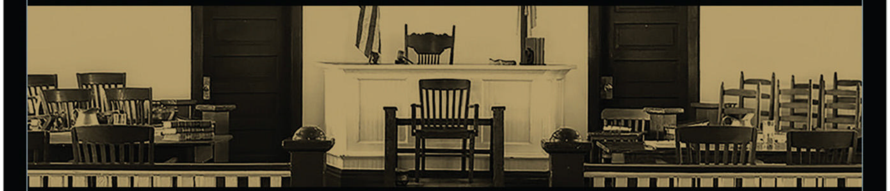

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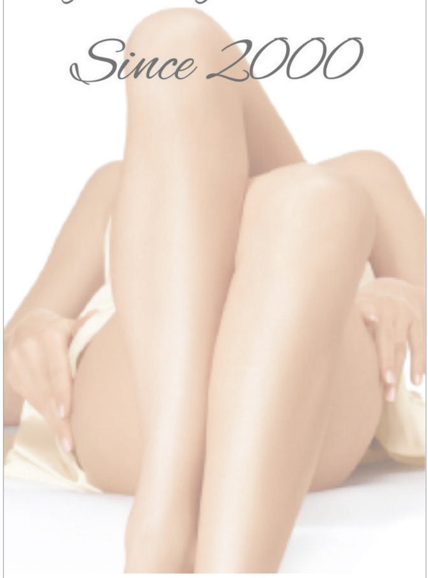

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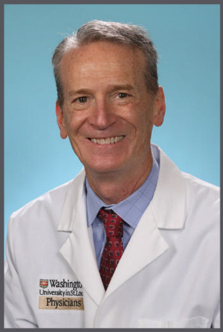

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PICTURED: Erin, William, Elizabeth, and Dr. Jon Silva

Creating and maintaining great smiles is a passion for the team at Chesterfield Family Dentistry, led by Jonathan W. Silva, DDS. Silva's zest for dentistry began at a young age, when he spent countless hours working at the practice of his father, Dr. Herbert Silva, who provided dentistry in the West County area for more than 40 years.

"We pride ourselves in providing modern dentistry combined with exceptional customer service," says Silva. "After all, it's your mouth. That's why our care is patient focused." Excellence in care is apparent across all of Chesterfield Family Dentistry's services, from preventative dental hygiene visits and oral cancer screenings to more comprehensive care, such as tooth replacement with dental implants. Some of the cosmetic dentistry offerings include Invisalign® therapy, professional teeth whitening, veneers, custom porcelain crowns, composite bonding, and more. Chesterfield Family Dentistry also treats dental emergencies, such as broken teeth or gum infections.

The practice is committed to creating a comfortable, friendly environment for everyone who walks through its doors. Every treatment room has a memory-foam chair equipped with massage functions and 40-inch overhead TV monitors. The office also provides nitrous oxide or, laughing gas, for more anxious patients. "Whether you're age 2 or 102, we want to become your dental home," says Silva. Call 314-878-9808 or visit today to learn more about how Chesterfield Family Dentistry can help keep you smiling.

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PICTURED: Adam G. Buchanan, MD; John B. Holds, MD, FACS; Sara Reggie, MD

Drs. John Holds, Adam Buchanan, and Sara Reggie of Ophthalmic Plastic & Cosmetic Surgery, Inc. (OPCS) have more than 60 years of combined experience in oculoplastic surgery. Their subspecialty requires rigorous training, including a four-year residency after medical school, followed by two additional years of subspecialty surgical training through an elite, nationally approved program. All three doctors are board-certified ophthalmologists and fellowship-trained oculoplastic surgeons. They are all members of the prestigious American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS), of which there are fewer than 700 members in the United States.

The practice specializes in cosmetic and reconstructive eyelid surgery, including treatment of eyelid malpositioning, defect repair after cancer surgery, medical and cosmetic blepharoplasty (eyelid lift), ptosis repair (droopy eyelid), and brow lift. Their expertise also includes orbital (bones and tumors behind the eye) and tear duct surgery.

In addition to surgery, OPCS provides medical and cosmetic Botox, dermal filler treatments in the eye area and face, and laser skin resurfacing. OPCS is thrilled to be one of the first practices in the St. Louis area to offer Daxxify, the newest FDA-approved neuromodulator that has been shown in studies to last a median of six months—about twice as long as Botox.

The team's philosophy is to approach each patient's concerns and treatment plans with the goal of enhancing one's natural beauty and achieving natural-looking results. They value their patients' trust and look forward to meeting new ones. Call 314-567-3567 to schedule an appointment at any of their convenient locations in Des Peres, St. Peters, and Arnold.

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PICTURED: Patricia McGuire, MD; David Caplin, MD

Cosmetic surgery can transform your appearance and drastically improve your quality of life. Drs. David Caplin and Patricia McGuire are board-certified in plastic and reconstructive surgery by the American Board of Plastic Surgery and provide the full spectrum of plastic surgery services, from cosmetic to reconstructive to hand surgery. They are both members of the prestigious American Society of Aesthetic Plastic Surgery.

Parkcrest Plastic Surgery provides patients with safe, effective surgical and nonsurgical options that deliver excellent results. Services offered include breast augmentation, lift, reduction, reconstruction, and gender-affirming top surgery; body contouring, including abdominoplasty (tummy tucks), ultrasonic-assisted liposuction, fat grafting, SmartLipo®, CoolSculpting®, Thermi®, and BodyTite; facelift, neck lift, blepharoplasty (eyelid surgery), and brow lift; BOTOX® Cosmetic, Dysport®, and dermal fillers, including products from the Restylane® JUVÉDERM®, and RHA families. Licensed estheticians offer the latest treatments in medical-grade skincare, permanent makeup, various laser procedures, chemical peels, Morpheus8 RF skin-tightening, microneedling, and other treatments specific to skin type.

In addition to leading-edge services, patients will find a dedicated, compassionate staff of physicians and caregivers. The Parkcrest staff would be pleased to help you make an informed decision about your care. Call and make an appointment for an individual consultation today.

SSMHealth
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ORTHOPEDICS

Bone Health Clinic at SSM Health Orthopedics

> **Osteoporosis affects more women who are over age 50 than breast cancer, heart attack, and stroke combined. The Bone Health Clinic can help prevent, treat, and monitor osteoporosis.**

In December 2020, Patricia Friedel, 82, felt a pain in the left side of her upper back after lifting a heavy kettle of soup. The pain continued and worsened over the next few weeks. A medical provider diagnosed a muscle strain that was treated with pain medication. The pain continued, and after treatment for other spine conditions, an MRI showed a compression fracture in her lumbar spine.

Patricia scheduled a consultation with Matt Bruns, an orthopedic nurse practitioner at the Bone Health Clinic at SSM Health DePaul Hospital. She was diagnosed with severe osteoporosis. Patricia began treatment immediately, and she has seen dramatic improvement in her bone health. Bruns and orthopedic surgeon Dr. Gregory Nelson have built a bone-health team of nurses, physical therapists, and dietitians who help people with osteoporosis strengthen their bones and muscles for better overall health.

"One of every two women will break a bone after age 50, and then many go on to break another bone," says Bruns. "If we treat and monitor bone health after patients recover, we can prevent another fracture and improve their quality of life and lifespan."

The risks of osteoporosis include family history of osteoporosis, age 50-plus years, low body weight, loss of height greater than 1 inch, illness treated with steroid medication, history of broken bones with frequent falls, or history of smoking or alcohol use. Rather than wait for the signs of osteoporosis to develop, people who are at high risk for osteoporosis can make an appointment to see Bruns.

Patricia says it was "a blessing to find out about the Bone Health Clinic." She has returned to driving and is walking a mile each day for exercise.

To make an appointment with Matt Bruns, call 314-291-7900 or visit ssmhealth.com/bonehealthclinic.

SSMHEALTH.COM/BONEHEALTHCLINIC | 314-291-7900

SSMHealth | Orthopedics Center

PICTURED: Matt Bruns, DNP, ONP-C, is a board-certified orthopedic nurse practitioner with SSM Health Orthopedics who specializes in helping people manage their bone health. He holds international certification in clinical densitometry and has more than 20 years of treating patients with bone-health concerns.

GENERAL DENTISTRY

Family Dentistry of St. Peters

The dentists at Family Dentistry of St. Peters provide the finest comprehensive dental care, with patient safety, comfort, and convenience as their utmost priorities. While patients can enjoy luxurious massaging chairs and benefit from the expediency of same-day crown capabilities, it is the entire team's relentless focus on the patient experience that is truly unique. Dr. Mark Zust has been in practice for more than 40 years and, in 2010, was joined by his daughter, Dr. Danielle Riordan. They are proud of the practice's father-daughter dynamic and believe it has helped create the family atmosphere that makes their office warm and anxiety-free.

FAMILYDENTISTRYOFSTPETERS.COM | 636-928-1100

PICTURED: Family Dentistry of St. Peters team. Photography courtesy of Christina Kling-Garrett with Klings&Things Photography.

RENAISSANCE
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PLASTIC SURGERY

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Renaissance Plastic Surgery and R Medical Spa is an established practice with more than 60 years of combined experience. They pride themselves as a patient-focused practice. The surgeons and nurses listen attentively to their patients in order to provide beautiful, natural-looking results that they deserve. Their skill and commitment to patients has earned them a stellar reputation as one of the top providers in the St. Louis area.

The team at Renaissance provides the most innovative treatments in the industry, utilizing the latest advancements in aesthetic surgery and skin care. To learn more or to schedule your consultation, please contact Renaissance Plastic Surgery today at 636-896-0600.

RPSPLASTICSURGERY.COM | 636-896-0600

RENAISSANCE
PLASTIC SURGERY

PICTURED: Paul Mills, MD; Brendan Alleyne, MD; Stefan Craig, MD; and Mark Boschert, MD.

MODERN DENTISTRY

Crews Dental, LLC

Crews Dental believes a healthy and confident smile is the first step toward a healthy and confident lifestyle. Patients receive personalized care using the latest technology in a friendly and stress-free setting. Dr. Tyler Crews is a member of the American Dental Association, the Missouri Dental Association, and the Greater St. Louis Dental Society. He is also an active board member of Give Kids a Smile, an organization that provides free dental care to local children.

Crews dental

CREWSDENTAL.COM | 314-961-3244

PICTURED: Tyler Crews, DMD

FAMILY & COSMETIC DENTISTRY

Lakeside Dental

When you visit Dr. Sherri Poettker and her dedicated team at Lakeside Dental in Winghaven, your smile and comfort is their top priority. “My philosophy of care is to treat every patient as if they were a member of my family,” says Poettker. “My goal is to provide the smile that a patient has always wanted to boost confidence and self-esteem.” Services include state-of-the-art digital radiography, teeth whitening, porcelain veneers, Invisalign®, intraoral cameras, lasers, implants, dentures, white fillings, and crowns.

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PICTURED: Sherri Poettker, DMD

FAMILY & COSMETIC DENTISTRY

Midwest Smiles

Over the past 25-plus years, Dr. Kenneth Ausmer’s commitment to quality dental care, cosmetic enhancements, and patient education have garnered him a loyal following of patients across many generations. “You take your smile everywhere you go. It’s your signature,” he says, noting the vast possibilities that can be achieved through a smile makeover. Dr. Ausmer has developed strong relationships with cosmetic labs based in California to help his patients achieve their own healthy "Hollywood Smile."

Midwest Smiles
FAMILY DENTISTRY

BESTMIDWESTSMILES.COM | 314-653-1200

PICTURED: Kenneth Ausmer, DMD

ENDODONTICS

Sage Endodontics

Marileana García Corretjer, DDS, MS, a native of Puerto Rico, came to St. Louis to pursue her undergraduate degree at Washington University in St. Louis. After obtaining a doctorate from Indiana University, she practiced general dentistry before getting her master’s in endodontics at Saint Louis University. Her goal is to provide the best root-canal experience and make your visit as painless and comfortable as possible. She is committed to effective communication, prompt service, and exceptional patient care.

SAGE
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PICTURED: Marileana García Corretjer, DDS, MS

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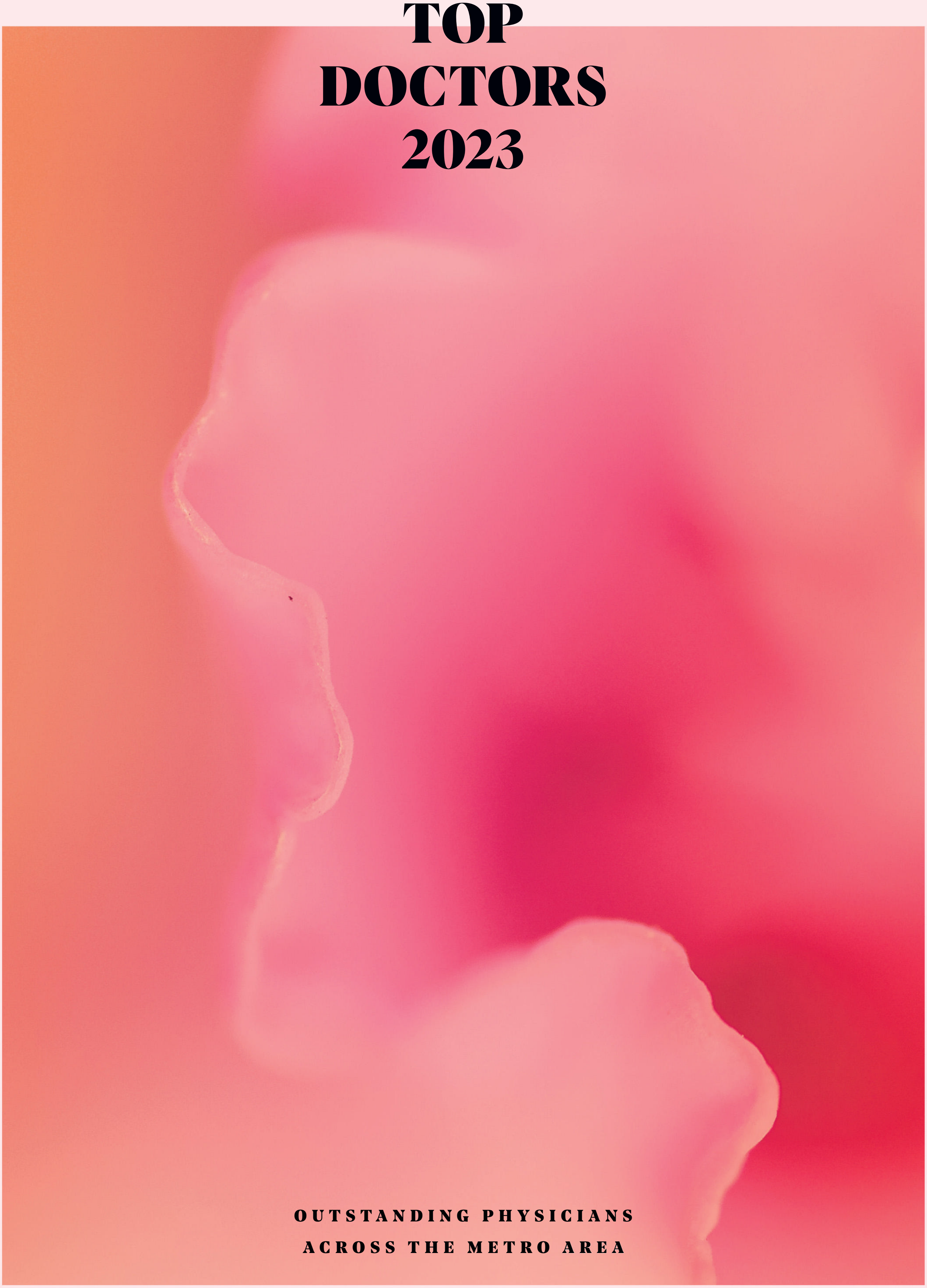

OUTSTANDING PHYSICIANS ACROSS THE METRO AREA

Photography by **Oxygen / Moment / via Getty Images**

CASTLE CONNOLLY

TOP DOCTORS® 2023

With over 30 years' experience researching, reviewing, and selecting Top Doctors, Castle Connolly is a trusted and credible health care research and information company. Our mission is to help people find the best health care by connecting patients with best-in-class health care providers.

Castle Connolly's physician-led team of researchers follows a rigorous screening process to select top doctors on both the national and regional levels. Its online nomination process is open to all licensed physicians in America who are able to nominate physicians in any medical specialty and in any part of the country, as well as indicate whether the nominated physician(s) is, in their opinion, among the best in their region in their medical specialty or among the best in the nation in their medical specialty. Then, Castle Connolly's research team thoroughly vets each physician's professional qualifications, education, hospital and faculty appointments, research leadership, professional reputation, disciplinary history and if available, outcomes data. Additionally, a physician's interpersonal skills such as listening and communicating effectively, demonstrating empathy, and instilling trust and confidence, are also considered in the review process. The Castle Connolly Doctor Directory is the largest network of peer-nominated physicians in the nation.

Physicians selected for inclusion in this magazine's "Top Doctors" feature may also appear online at www.castleconnolly.com, or in in conjunction with other Castle Connolly Top Doctors databases online and/or in print.

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314-362-7260

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UROLOGY

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314-251-8850

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Mercy Clinic Urology
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St. Louis, MO 63141
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Urology of St. Louis
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St. Louis, MO 63110
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RISING STARS

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DERMATOLOGY

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St. Louis, MO 63108
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Andre Theuerkauf
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314-747-1005

MEDICAL ONCOLOGY

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NEUROLOGY

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OPHTHALMOLOGY

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314-257-3390

OTOLARYNGOLOGY

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PEDIATRIC CARDIOLOGY

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PEDIATRIC NEPHROLOGY

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DOGWOOD MILL
DOGWOOD CANYON NATURE PARK
DOGWOOD CANYON
NATURE PARK

a Paradise
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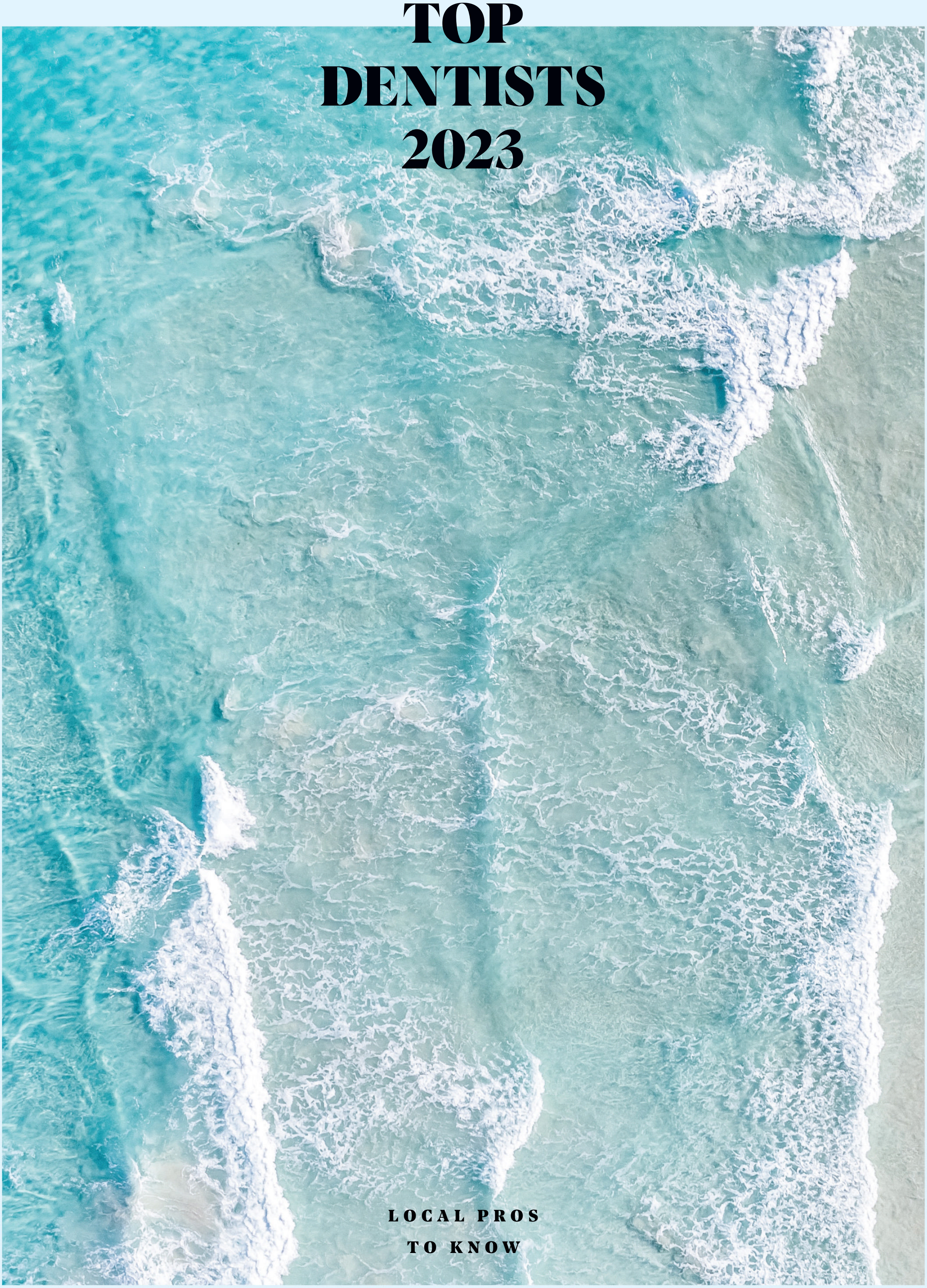
TOP DENTISTS 2023



LOCAL PROS TO KNOW

Photography by Abstract Aerial Art / DigitalVision / via Getty Images

INTRODUCTION

This list is excerpted from the 2023 topDentists™ list, a database that includes listings for more than 400 dentists and specialists in the greater St. Louis area. The St. Louis area list is based on thousands of detailed evaluations of dentists and professionals by their peers. The complete database is available at www.usatopdentists.com.

SELECTION PROCESS

"If you had a patient in need of a dentist, which dentist would you refer them to?"

This is the question we've asked thousands of dentists to help us determine who the topDentists should be. Dentists and specialists are asked to take into consideration years of experience, continuing education, manner with patients, use of new techniques and technologies, and of course physical results.

The nomination pool of dentists consists of dentists listed online with the American Dental Association, as well as dentists listed online with their local dental societies, thus allowing virtually every dentist the opportunity to participate. Dentists are also given the opportunity to nominate other dentists that they feel should be included in our list. Respondents are asked to put aside any personal bias or political motivations and to use only their knowledge of their peer's work when evaluating the other nominees.

Voters are asked to individually evaluate the practitioners on their ballot whose work they are familiar with. Once the balloting is completed, the scores are compiled and then averaged. The numerical average required for inclusion varies depending on the average for all the nominees within the specialty and the geographic area. Borderline cases are given a careful consideration by the editors. Voting characteristics and comments are taken into consideration while making decisions. Past awards a dentist has received and status in various dental academies can play a factor in our decision.

Once the decisions have been finalized, the included dentists are checked against state dental boards for disciplinary actions to make sure they have an active license and are in good standing with the board. Then letters of congratulations are sent to all the listed dentists.

Of course there are many fine dentists who are not included in this representative list. It is intended as a sampling of the great body of talent in the field of dentistry in the United States. A dentist's inclusion on our list is based on the subjective judgments of his or her fellow dentists. While it is true that the lists may at times disproportionately reward visibility or popularity, we remain confident that our polling methodology largely corrects for any biases and that these lists continue to represent the most reliable, accurate, and useful list of dentists available anywhere.

DISCLAIMER

This list is excerpted from the 2023 topDentists™ list, which includes listings for over 400 dentists and specialists in the St. Louis metro area. For more information call 706-364-0853; or write P.O. Box 970, Augusta, GA 30903; or email help@usatopdentists.com or visit www.usatopdentists.com. topDentists has used its best efforts in assembling material for this list but does not warrant that the information contained herein is complete or accurate, and does not assume, and hereby disclaims, any liability to any person for any loss or damage caused by errors or omissions herein whether such errors or omissions result from negligence, accident, or any other cause. Copyright 2009-2023 by topDentists, LLC of Augusta, GA. All rights are reserved. This list, or parts thereof, must not be reproduced in any form without permission. No commercial use of the information in this list may be made without permission of topDentists. No fees may be charged, directly or indirectly, for the use of the information in this list without permission.

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The Dental Anesthesia Center
314-862-7844

ENDODONTICS

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Signature Endodontics
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Berg Endodontics
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Southwest Endodontics
314-781-1919

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314-822-2210

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Newlin Endodontics
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Christopher A. Palmer
Apex Endodontics
636-391-8080

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Southern Illinois University School of Dental Medicine
618-474-7120

Barry A. Polinsky
314-727-3350

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R. Patrick Roach
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Edward T. Rose
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Kim Vaglio
Apex Endodontics
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GENERAL DENTISTRY

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Radiant Smiles
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Chad G. Anzilotti
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314-993-8017

Craig E. Anzilotti
Anzilotti Family Dentistry
314-993-8017

Sherine R. Apte
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Ali A. Badihi
314-739-7900

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Sunset Hills Dental Group
314-842-5000

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314-842-5000

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618-474-7064

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Clare E. Borello
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Borgmeyer Dental
314-351-6554

David J. Borgmeyer
Borgmeyer Dental
314-351-6554

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636-327-5188

Andrew Bruening
Chesterfield Hilltown
Dental
636-206-4656

Keith A. Bryant
Dental Professionals
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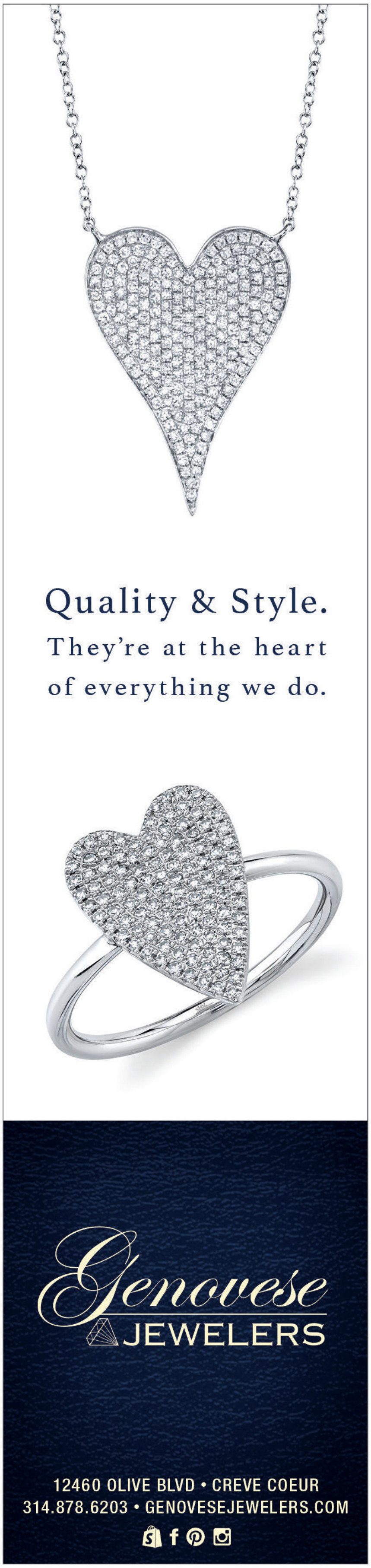
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Westport Periodontics & Dental Implants
314-434-4676

Justin M. Schlaikjer
314-334-1026

Scott R. Schlueter
Schlueter Periodontics & Implants
314-842-6151

Stephen C. Snitzer
314-434-2101

Robert A. Strathman
636-394-9177

Sara J. Whitener
618-244-7300

PROSTHODONTICS

Azadeh Afshari
Barnes Jewish Hospital
314-362-8574

Kyle E. Donahue
Donahue Dental
636-487-5652

R. Duane Douglas
Southern Illinois University School of Dental Medicine
618-258-1300

Barry S. Goldenberg
314-997-7972

Eric M. Langenwalter
ProsDoc & Associates
618-258-1300

Thomas M. Matthes
Matthes Prosthodontists
314-989-9777

Joseph F. Shea
Saint Louis Prosthodontics
314-822-9446

THE SEEN

WHISKEY IN THE WINTER

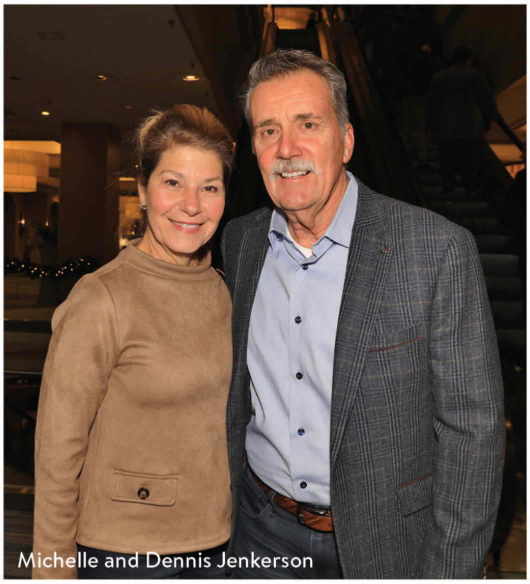
DECEMBER 2, 2022
HYATT RECENCY
ST. LOUIS AT THE ARCH

After a two-year hiatus, Whiskey In The Winter—the biggest whiskey festival in the nation—returned! This festival SOLD OUT within 2 minutes of the tickets going live. With an arrange of ticket options, ticket holders were able to experience special perks including early entry to the event, a commemorative Glencairn glass, unlimited whiskey samples of over 400 whiskies from around the world, indulge in food and dessert tastings, access to seminars and interactive elements.

Photographs by
DIANE ANDERSON

TO SEE MORE PHOTOS, VISIT STLMAG.COM/PARTYPICS.

Drew Bright, Bobby Burk

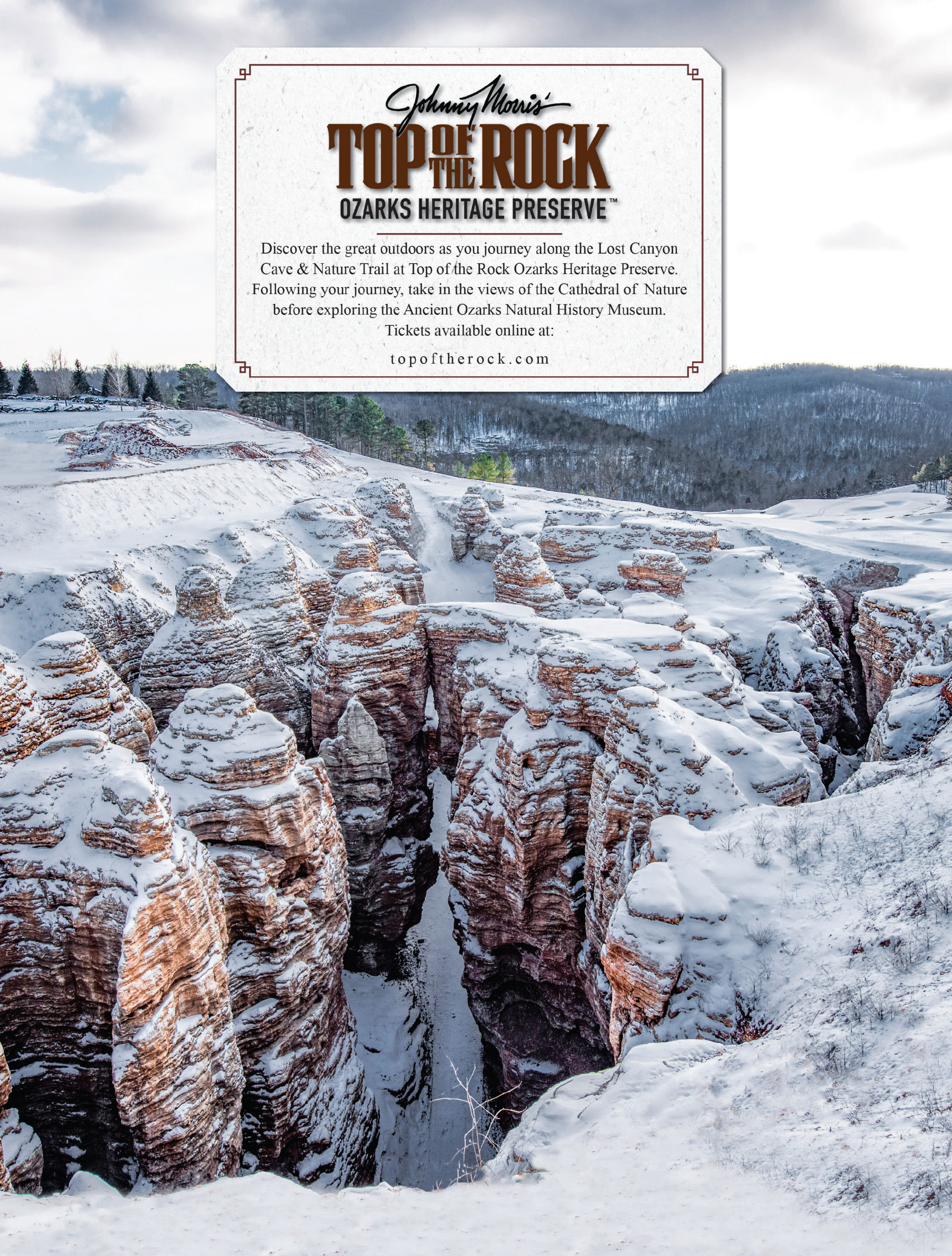

Michelle and Dennis Jenkerson

Mike Harris, David Greteman

Brandon Bellman

Aisha White, Eric Clark, Anjanette Clark

Josh French, Kaitlin Howard



Johnny Morris'

TOP OF THE ROCK

OZARKS HERITAGE PRESERVE™

Discover the great outdoors as you journey along the Lost Canyon Cave & Nature Trail at Top of the Rock Ozarks Heritage Preserve. Following your journey, take in the views of the Cathedral of Nature before exploring the Ancient Ozarks Natural History Museum. Tickets available online at:

topoftherock.com

TOP SENIOR CARE

COMMUNITY & SUPPORT FOR AGING ST. LOUISANS

SLM Media contracted DataJoe to implement a multifaceted research campaign to find the top assisted living facilities, nursing facilities, and home health providers in the area. DataJoe consulted various public sources, including state and federal government sources, to collect the information. First, the company eliminated facilities that did not meet the minimum capacity threshold of 30 beds (if applicable) to increase the likelihood that the winner set would have openings for readers interested in contacting these facilities (reader relevance). The research firm then factored in federal government ratings (where applicable) and frequency of negative reports to the state regulatory agency (complaints, disciplinary actions, enforcement actions, as available to the public) to isolate the top candidates for the list. DataJoe also conducted Internet research to check various local media outlets to confirm a positive community perception, as well as factoring in online ratings. The firm was looking for facilities meeting its minimum thresholds with the highest ratings and smallest proportion of negative reports/press.

DataJoe recognizes that many facilities might not be shown in this representative list. This is a sampling of the huge array of facilities within the region. Inclusion in the list is based on information that the firm was able to gather in its independent research. DataJoe takes the time and energy to ensure a fair, multifaceted research process. The firm certainly does not discount the fact that many good and effective facilities may not appear on the list.

DataJoe uses best practices and exercises great care in assembling content for this list. DataJoe does not warrant that the data contained within the list are complete or accurate. DataJoe does not assume, and hereby disclaims, any liability to any person for any loss or damage caused by errors or omissions herein whether such errors or omissions result from negligence, accident, or any other cause. All rights reserved. No commercial use of the information in this list may be made without written permission from DataJoe.

For research and methodology questions, contact DataJoe's research team at surveys@datajoe.com.

TOP ASSISTED LIVING FACILITIES

Aberdeen Heights
575 Couch Ave.
Kirkwood, MO 63122
314-394-8943

Allegro Richmond Heights
1055 Bellevue Ave.
Richmond Heights, MO 63117
314-866-7807

Anthology of Wildwood
251 Plaza Dr.
Wildwood, MO 63040
314-858-6992

Ascension Living Sherbrooke Village
4005 Ripa Ave.
St. Louis, MO 63125
314-347-3629

Bethesda Hawthorne Place
1111 S. Berry Rd.
St. Louis, MO 63122
314-942-5750

Brentmoor Retirement Community
8600 Delmar Blvd.
St. Louis, MO 63124
314-995-3811

Brookdale Creve Coeur
1 New Ballas Place
Creve Coeur, MO 63146
314-931-5549

Brooking Park
307 South Woods Mill Rd.
Chesterfield, MO 63017
314-576-5545

Cape Albeon
3300 Lake Bend Dr.
Valley Park, MO 63088
636-861-3200

Cedarhurst of Arnold
2069 Missouri State Rd.
Arnold, MO 63010
636-333-3004

Chesterfield Villas
14901 N. Outer 40 Rd.
Chesterfield, MO 63017
636-532-9296

Crabapple Village Senior Estates
214 Hartman Pl.
Saint Clair, MO 63077
636-629-6161

Crystal Oaks
1500 Calvary Church Rd.
Festus, MO 63028
636-933-1818

Dolan Memory Care at Waterford Crossing
11350 Dolan Way
St. Louis, MO 63146
314-993-9500

Four Seasons
230 Railroad St.
Moscow Mills, MO 63362
636-366-4231

Friendship Village Chesterfield
15201 Olive Blvd.
Chesterfield, MO 63017
636-898-8500

Frienship Villas Sunset Hills
12563 Village Circle Dr.
St. Louis, MO 63127
314-730-3902

Garden Villas
13590 South Outer 40 Rd.
Town & Country, MO 63017
314-434-2520

Garden Villas North
4505 Parker Rd.
Florissant, MO 63033
314-355-6100

Garden Villas of O'Fallon
7092 South Outer 364 Rd.
O'Fallon, MO 63368
636-240-5560

Garden Villas South
13457 Tesson Ferry Rd.
St. Louis, MO 63128
314-843-7788

Kingsland Walk Senior Living
868 Kingsland Ave.
University City, MO 63130
314-955-6884

Mattis Pointe
4962 Mattis Rd.
St. Louis, MO 63128
314-222-1122

McKnight Place Assisted Living and Memory Care
3 McKnight Pl.
St. Louis, MO 63124
314-993-3333

My Place Residential Care
23 North Sixth St.
Festus, MO 63028
636-933-1793

Nazareth Living Center
2 Nazareth Ln.
St. Louis, MO 63129
314-487-3950

Oak Pointe of Warrenton
700 Forrest Ave.
Warrenton, MO 63383
636-456-6464

Oak Pointe of Washington
1650 High St.
Washington, MO 63090
636-251-4503

Park Place at Winghaven
2002 Boardwalk Place Dr.
O'Fallon, MO 63368
866-408-1663

Pine Valley at The Woodlands
620 Woodland Meadows
Arnold, MO 63010
636-202-1050

Richmond Terrace
1633 Laclede Station Rd.
St. Louis, MO 63117
314-646-8000

South Pointe
5125 Old Hwy. 100
Washington, MO 63090
636-266-4143

St. Andrew's Assisted Living of Bridgeton
11325 St Charles Rock Rd.
Bridgeton, MO 63044
314-209-1177

St. Elizabeth Hall
325 North Newstead Ave.
St. Louis, MO 63108
314-652-9525

The Boulevard Senior Living of Wentzville
120 Perry Cate Blvd.
Wentzville, MO 63385
636-622-8354

The Fountains Senior Living of West County
15826 Clayton Rd.
Ellisville, MO 63011
636-779-2600

The Grande at Chesterfield
16300 Justus Post Rd.
Chesterfield, MO 63017
1-866-206-9689

The Grande at Creve Coeur
450 North Lindbergh Blvd.
Creve Coeur, MO 63141
866-265-9401

The Homestead at Hickory View Retirement Community
1481 Marbach Dr.
Washington, MO 63090
636-392-2967

Veronica House
3393 McKelvey Rd.
Bridgeton, MO 63044
314-209-8814

Victorian Place of St. Clair
160 Charles Dr.
St. Clair, MO 63077
636-322-4655

Victorian Place of Sullivan
1250 East Springfield Rd.
Sullivan, MO 63080
573-799-4577

Victorian Place of Union
1320 W. Main St.
Union, MO 63084
636-234-3143

Victorian Place of Washington
2800 Rabbit Trail Dr.
Washington, MO 63090
573-557-5488

Willow Brooke
1 North Potomac Ct.
Union, MO 63084
639-259-2037

TOP INDEPENDENT LIVING FACILITIES

Aberdeen Heights
575 Couch Ave.
Kirkwood, MO 63122
314-395-8943

Autumn Ridge Residences
300 Autumn Ridge Dr.
Herculaneum, MO 63048
636-931-8400

Avalon Park
11001 Cottleville Trails Dr.
Cottleville, MO 63304
636-489-7347

Bethesda Gardens
420 S. Kirkwood Rd.
St. Louis, MO 63122
314-965-8100

Bethesda Orchard
21 N. Old Orchard Ave.
Webster Groves, MO 63119
314-963-2100

Breeze Park
600 Breeze Park Ln.
St. Charles, MO 63304
636-939-5223

Brentmoor Retirement Community
8600 Delmar Blvd.
St. Louis, MO 63124
314-995-3811

Brookdale Creve Coeur
1 New Ballas Pl.
Creve Coeur, MO 63146
314-931-5420

Cape Albeon
3380 Lake Bend Dr.
Valley Park, MO 63088
636-861-3200

Cedarhurst of Tesson Heights
12335 W. Bend Dr.
St. Louis, MO 63128
314-789-3187

Chesterfield Villas
14901 North Outer 40 Rd.
Chesterfield, MO 63017
636-532-9296

Clarendale Clayton
7651 Clayton Rd.
Clayton, MO 63117
314-279-5887

Clarendale of St. Peters
10 Dubray Dr.
St. Peters, MO 63376
636-242-1769

Covenant Place
8 Millstone Campus Dr.
St. Louis, MO 63146
314-432-1610

Creek Valley Retirement Community
15950 Manchester Rd.
Ellisville, MO 63011
636-552-4890

Crestview Senior Living
8660 Grant Rd.
St. Louis, MO 63123
314-347-0292

DeSmet Retirement Community
1425 North New Florissant Rd.
Florissant, MO 63033
314-838-3811

Fairwinds–Rivers Edge
600 River's Edge Dr.
St. Charles, MO 63303
634-754-0100

Friendship Village Chesterfield
15201 Olive Blvd.
Chesterfield, MO 63017
636-898-8500

Friendship Village Sunset Hills
12563 Village Circle Dr.
St. Louis, MO 63127
314-270-7700

Gambrill Gardens
1 Strecker Rd.
Ellisville, MO 63011
636-331-2801

Garden Plaza of Florissant
1101 Garden Plaza Dr.
Florissant, MO 63033
314-526-3930

Garden Villas
13590 South Outer 40 Rd.
Town And Country, MO 63017
314-434-2520

Garden Villas North
4505 Parker Rd.
Florissant, MO 63033
314-355-6100

Garden Villas of O'Fallon
7092 South Outer 364
O'Fallon, MO 63368
636-240-5560

Gentemann Manor I
1100 Meadow Pointe Dr.
O'Fallon, MO 63366
636-272-0444

Heritage Place Senior Living
10711 St. Cosmas Ln.
St. Ann, MO 63074
314-890-2425

Holiday Briarcrest Estates
14525 Clayton Rd.
Ballwin, MO 63011
636-238-3302

Holy Infant Apartments
7663 Watson Rd.
St. Louis, MO 63119
314-962-7878

Kingsland Walk Senior Living
868 Kingsland Ave.
University City, MO 63130
314-955-6884

Laclede Groves
723 S. Laclede Station Rd.
St. Louis, MO 63119
314-446-2367

Lake St. Charles Retirement Community
45 Honey Locust Ln.
St. Charles, MO 63303
636-255-8616

Mari De Villa
13900 Clayton Rd.
Chesterfield, MO 63017
636-227-5347

Mason Pointe
13190 South Outer Forty Rd.
Town And Country, MO 63017
314-434-3330

McCormack House at Forest Park Southeast
4575 Cadet Ave.
St. Louis, MO 63110
314-501-6847

Meramec Bluffs
1 Meramec Bluffs Dr.
Ballwin, MO 63021
636-861-0600

Our Lady of Life Apartments
7655 Watson Rd.
St. Louis, MO 63119
314-968-9447

Park Place at Winghaven
2002 Boardwalk Place Dr.
O'Fallon, MO 63368
866-408-1663

Rosemont Senior Living Centre
2121 Ridge Dr.
Arnold, MO 63010
314-495-6267

Saint Catherine Retirement Community
3350 St. Catherine St.
Florissant, MO 63033
314-838-3877

Sarah Community / Naomi House
3393 McKelvey Rd.
Bridgeton, MO 63044
314-209-8814

Solstice Senior Living at Fenton
1393 Bowles Ave.
Fenton, MO 63026
636-275-0047

St. Louis Altenheim
5408 South Broadway
St. Louis, MO 63111
314-353-7225

The Boulevard of Wentzville
110 Perry Cate Blvd.
Wentzville, MO 63385
636-622-8354

The Boulevard Senior Living
3330 Ehlmann
St. Charles, MO 63301
636-782-7355

The Fountains of West County
15826 Clayton Rd.
Ellisville, MO 63011
636-779-2600

The Gatesworth
1 McKnight Pl.
St. Louis, MO 63124
314-993-0111

The Homestead at Hickory View Retirement Community
1481 Marbach Dr.
Washington, MO 63090
636-392-4024

The Rockwood
330 West Lockwood Ave.
Webster Groves, MO 63119
314-963-0029

The Villa at Riverwood
1 Pratt Pl.
Florissant, MO 63031
314-839-5000

The Watermark at St. Peters
363 Jungermann Rd.
Saint Peters, MO 63376
636-928-3877

The Willows at Brooking Park
211 S. Woods Mill Rd.
Chesterfield, MO 63017
314-576-0800

Twin Oaks Heritage Pointe
228 Savannah Terr.
Wentzville, MO 63385
636-542-5400

Victorian Gardens
15 Hilltop Village Center Dr.
Eureka, MO 63025
636-587-3737

Village North Retirement Community
11160 Village North Dr.
St. Louis, MO 63136
314-355-8010

Windsor Estates
2150 West Randolph St.
St. Charles, MO 63301
636-946-4966

TOP NURSING FACILITIES

Abbey Senior Health
206 North Main St.
O'Fallon, MO 63366
636-240-5754

Ackert Park Skilled Nursing & Rehabilitation Center
894 Leland Ave.
University City, MO 63130
314-726-4767

Anna & Elizabeth House
12284 De Paul Dr.
Bridgeton, MO 63044
314-209-8814

Barnes-Jewish Extended Care
401 Corporate Park Dr.
Clayton, MO 63105
314-725-7447

Beauvais Rehab & Heathcare Center
3625 Magnolia Ave.
St. Louis, MO 63110
816-554-9866

Bernard Care Center
4335 West Pine Blvd.
St. Louis, MO 63108
314-371-0200

Bethesda Meadow
322 Old State Rd.
Ellisville, MO 63021
636-227-3431

Bethesda Southgate
5943 Telegraph Rd.
St. Louis, MO 63129
314-846-2000

Brooking Park
307 South Woods Mill Rd.
Chesterfield, MO 63017
314-576-5545

Carrie Elligson Gietner Home
5000 S. Broadway
St. Louis, MO 63111
314-752-0000

Christian Extended Care & Rehabilitation
11160 Village North Dr.
St. Louis, MO 63136
314-653-4848

Creve Coeur Manor
1127 Timber Run Dr.
St. Louis, MO 63146
314-434-8361

Crystal Oaks
1500 Calvary Church Rd.
Festus, MO 63028
636-933-1818

Delmar Gardens of Meramec Valley
1 Arbor Terr.
Fenton, MO 63026
636-343-0016

Delmar Gardens West
13550 South Outer 40 Rd.
Town & Country, MO 63017
314-878-1330

Elsberry Health Care Center
1827 State Hwy. B
Elsberry, MO 63343
573-898-2880

Festus Manor Care Center
627 Westwood Dr. S
Festus, MO 63028
636-931-9066

Fieser Nursing Center
404 Main St.
Fenton, MO 63026
636-343-4344

Friendship Village Chesterfield
15250 Village View Dr.
Chesterfield, MO 63017
636-898-8500

Friendship Village Sunset Hills
12651 Village Circle Dr.
St. Louis, MO 63127
314-270-7777

Garden View Care Center at Dougherty Ferry
13612 Big Bend Rd.
Valley Park, MO 63088
636-923-8693

Garden View Care Center of O'Fallon
700 Garden Path
O'Fallon, MO 63366
636-542-4302

Garden View Care Center of Chesterfield
1025 Chesterfield Pointe Pkwy.
Chesterfield, MO 63017
636-489-4116

Grandview Healthcare Center
201 Grand Ave.
Washington, MO 63090
636-239-9190

Hillside Rehab
1265 McLaran Ave.
St. Louis, MO 63147
314-388-4121

Laclede Groves
723 South Laclede Station Rd.
Webster Groves, MO 63119
314-446-2367

Lansdowne Village
4624 Lansdowne Ave.
St. Louis, MO 63116
314-351-6888

Life Care Center of Bridgeton
12145 Bridgeton Square Dr.
Bridgeton, MO 63044
314-298-7444

Life Care Center of Sullivan
875 Dunsford Dr.
Sullivan, MO 63080
573-468-3128

Lincoln County Nursing & Rehab
1145 East Cherry St.
Troy, MO 63379
636-528-5712

Manor Grove
711 South Kirkwood Rd.
Kirkwood, MO 63122
314-965-0864

Mari De Villa
13900 Clayton Rd.
Town And Country, MO 63017
636-227-5347

Mark Twain Manor
11988 Mark Twain Ln.
Bridgeton, MO 63044
314-291-8240

Mary, Queen and Mother Center
7601 Watson Rd.
Shrewsbury, MO 63119
314-961-8000

Marymount Manor
313 Augustine Rd.
Eureka, MO 63025
314-412-8359

Mason Pointe Care Center
13190 South Outer 40 Rd.
Chesterfield, MO 63017
314-434-3330

McKnight Place Extended Care
2 McKnight Pl.
St. Louis, MO 63124
314-993-2221

Meramec Bluffs
50 Meramec Trail Dr.
Ballwin, MO 63021
636-861-0600

Meramec Nursing Center
940 Mattox Dr.
Sullivan, MO 63080
573-468-7733

Mother of Good Counsel Home
6825 Natural Bridge Rd.
St. Louis, MO 63121
314-383-4765

Nazareth Living Center
2 Nazareth Ln.
St. Louis, MO 63129
314-487-3950

NHC HealthCare Maryland Heights
2920 Fee Fee Rd.
Maryland Heights, MO 63043
314-291-0121

Oak Knoll Skilled Nursing & Rehabilitation Center
37 N. Clark Ave.
Ferguson, MO 63135
314-521-7419

Oak Park Care Center
6637 Berthold Ave.
St. Louis, MO 63139
314-781-3444

Pacific Care Center
105 South Sixth St.
Pacific, MO 63069
636-271-4222

Parc Provence
605 Coeur De Ville Dr.
Creve Coeur, MO 63141
314-582-9795

Rancho Rehab & Healthcare Center
615 Rancho Ln.
Florissant, MO 63031
314-839-2150

River Crossing of Creve Coeur
11278 Schuetz Rd.
St. Louis, MO 63146
314-991-4066

Scenic Nursing And Rehabilitation Center, LLC
1333 Scenic Dr.
Herculaneum, MO 63048
636-931-2995

St. Clair Nursing Center
1035 Plaza Court North
St. Clair, MO 63077
636-433-4011

St. Luke's Hospital Surrey Place
14701 Olive Blvd.
Chesterfield, MO 63017
314-542-3300

StoneBridge Maryland Heights
2963 Doddridge Ave.
Maryland Heights, MO 63043
314-291-4557

Sunterra Springs Dardenne Prairie
7275 State Hwy. N
Dardenne Prairie, MO 63368
636-865-0200

The Estates of Hidden Lake
11728 Hidden Lake Dr.
St. Louis, MO 63138
314-292-7501

The Estates of St. Louis
2115 Kappel Dr.
St. Louis, MO 63136
314-867-7474

The Westchester House
550 White Rd.
Chesterfield, MO 63017
314-469-1200

Union Care Center
1080 Marie Ln.
Union, MO 63084
636-206-8585

TOP HOME HEALTH PROVIDERS

AccuCare Home Health Care Of St Louis
1185 N. Price Rd.
St. Louis, MO 63132
314-692-0020

All Care Home Health Inc.
10127 Manchester Rd. Ste. 206
St. Louis, MO 63122
314-394-2068

Alpine Home Health Agency Inc.
930 Kehrs Mill Rd. Ste. 312
Ballwin, MO 63011
636-527-4509

Amedisys Home Health of Missouri
10675 Business 21
Hillsboro, MO 63050
636-789-4715

Apollo Medical
10511 Old Olive Street Rd.
St. Louis, MO 63141
314-692-0611

Assistance Home Care
9893 Manchester Rd.
St. Louis, MO 63119
636-735-8088

AW Health Care
7212 Balson Ave.
St. Louis, MO 63130
314-726-5600

BJC Home Care
1935 Beltway Dr.
St. Louis, MO 63114
888-252-4663

Brookdale Home Health St. Louis
425 North New Ballas Rd., Ste. 295
Creve Coeur, MO 63141
314-993-7035

Cooperative Home Care Inc.
1924 Marconi Ave.
St. Louis, MO 63110
314-772-8585

Crescent Home Health Agency
763 South New Ballas Rd., Ste. 205
St. Louis, MO 63141
314-741-3800

Delmar Gardens Home Care Inc.
14805 North Outer 40 Rd., Ste. 120
Chesterfield, MO 63017
636-733-7100

Elara Caring
3165 McKelvey Rd., Ste. 203B
Bridgeton, MO 63044
800-381-5931

ExcelCare Home Health Services
1300 Hampton Ave., Ste. 111
St. Louis, MO 63139
314-361-7775

FV at Home By Friendship Village
15201 Olive Blvd., Ste. 257
Chesterfield, MO 63017
636-733-0355

Healthy Family Home Care LLC
16024 Manchester Rd., Ste. 200
Ellisville, MO 63011
636-594-2332

Interstaff Inc.
1173 N. Price Rd.
St. Louis, MO 63132
314-569-5830

Life Fountain Health Care Inc.
2870 Netherton Dr., Ste. B
St. Louis, MO 63136
314-830-3840

Lutheran Senior Services Home Health
1150 Hanley Industrial Ct.
Brentwood, MO 63144
314-968-9313

Mederi Caretenders
1041 Peruque Crossing Ct., Ste. B
O'Fallon, MO 63366
314-991-2377

Medi-Plex Healthcare Professionals LLC
1470 South Vandeventer Ave.
St. Louis, MO 63110
314-993-5580

Mercy Home Health
151 Industrial Dr.
Festus, MO 63028
636-933-1200

Mercy Home Health
1630 Des Peres Rd., Ste. 305
St. Louis, MO 63131
314-729-4550

Mercy Home Health–Landmark Parkway
9735 Landmark Pkwy., Ste. 2N
St. Louis, MO 63127
314-525-1045

Missouri Home Health & Therapy
11636 West Florissant Ave.
St. Louis, MO 63033
314-246-0137

Quality Home Health Care LLC
3675 West Outer Rd., Ste. 203-B
Arnold, MO 63010
314-200-9905

SSM Health at Home
1187 Corporate Lake Dr., Ste. 200
St. Louis, MO 63132
314-989-2660

St. Andrews & Bethesda Home Health
1630 Des Peres Rd., Ste. 290
St. Louis, MO 63131
314-218-2600

St. Louis Illinois Home Health
1000 Camera Ave., Ste. B
St. Louis, MO 63126
314-352-7889

St. Luke's Home Health Services
101 St. Luke's Center Dr.
Chesterfield, MO 63017
314-205-6612

St.Louis MAGAZINE
TOP SENIOR CARE
Research conducted by DataJoe
★ 2023 ★

Award Winning

The Boulevard Senior Living communities provide state of the art services and amenities designed to promote social, physical and mental well-being.

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

The Boulevard
SENIOR LIVING
OF SAINT CHARLES
(636) 597-6777
BoulevardStCharles.com
Call Today!

The Boulevard
SENIOR LIVING
OF WENTZVILLE
(636) 622-8111
BoulevardWentzville.com
Call Today!

The Boulevard
SENIOR LIVING
OF SAINT PETERS
(636) 486-8071
BoulevardStPeters.com
Open Fall 2023 - Waiting lists forming!

St.Louis 2023
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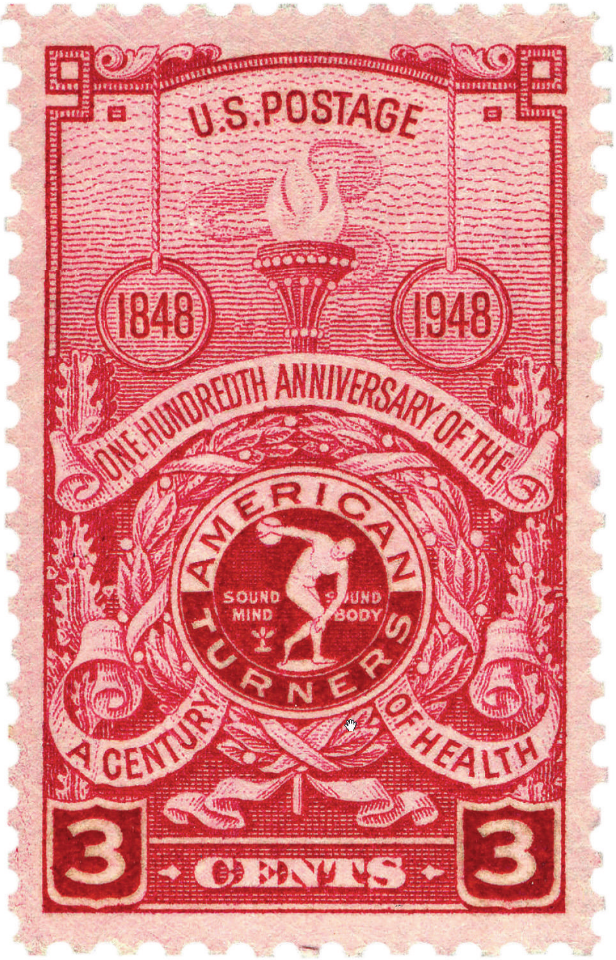
architect & designer awards

Barrett Barrera Projects

you’re invited

TUESDAY, APRIL 18, FROM 6–8 P.M.
BARRETT BARRERA PROJECTS
4739 McPHERSON AVENUE

St. Louis Magazine invites you to celebrate the work of the local design community and honor the winners of the 2023 Architect & Designer Awards competition. For more details and to RSVP, please visit STLMAG.COM/ADA.



Sound Body, Sound Mind

Nestled into the south side of Forest Park's Art Hill, a 41-foot-long statue displays the Moses-bearded head of Friedrich Ludwig Jahn, the father of gymnastics. Jahn was the first to use parallel bars, rings, and the high bar as a standard for gymnastic competition. He gathered that equipment inside "Turnverein gyms" as a way for Germans to resist Napoleonic rule and restore the people's spirit under the guiding philosophy "Sound mind, sound body." Between 1830 and 1860, tens of thousands of Germans immigrated to St. Louis. They went on to build dozens of "Turner" gyms and organize neighborhoods into liberal social clubs. The gyms had open-air recreation areas, youth associations, philosophy groups, debate societies, and shooting clubs. The Turners are one of the oldest still-operating athletic organizations in the world and are credited with the idea of "physical education" as a part of the American school curriculum. The idea that fitness would need to be taught was at one time an alien concept, but German immigrants brought with them a value for public health and the notion that the physical well-being of everyone—not just kings, queens, and the rich—should be a cornerstone of society. **—DEVIN THOMAS O'SHEA**

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